

# What is Shockwave Therapy?

**Shockwave Therapy, also known as SWT or ESWT, is a non-invasive treatment to reduce pain and encourage healing in specific tendon problems.**

**A handheld device is used to pass acoustic waves at a set frequency, through the skin to the affected area requiring treatment.**

You will need to be assessed by a Physiotherapist to check that you are appropriate for a referral to a Vita Health Group clinic. For further information, please contact us.



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# How does it work?

Shockwave Therapy (SWT) helps to accelerate the body's own healing response, by initiating a pro-inflammatory response in the tendon tissue. The NICE Guidelines support the use of SWT as an intervention for pain relief for a variety of refractory, chronic tendon pathologies.



## Who can be treated?

Shockwave Therapy has been shown to improve patients who have been diagnosed with common and persistent conditions such as:

- Achilles Tendinopathy
- Tennis Elbow
- Plantar Fasciitis
- Greater Trochanteric Pain in the Hip
- Patella Tendinopathy

**Get in touch or find out more about Vita Physio Services:**



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