



## Foot and Ankle Physicians, P.A.

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### What is EWST?

Extracorporeal Shock Wave Therapy or ESWT is an 18-minute non-surgical procedure used to cure chronic plantar fasciitis, Achilles tendonitis, tennis elbow, shoulder tendonitis, and other chronic tendonopathies.

Lithotripsy, a similar procedure, is used regularly for breaking up and dispersing kidney stones. When urologists found patients who had the kidney stone procedure presented with increased bone density and new tissue growth the possibilities of shock wave therapy were revisited. ESWT is used internationally for conditions all over the body. In the United States a PDA 5study was performed for patients who suffer chronic plantar fasciitis with or without the presence of a heel spur. The results were an amazing average reduction in pain of 92% with only one treatment. (This data reflects the results of the patients who participated in a one year follow up study with the Dornier EPOS Ultra machine.)

### How does it cure my condition?

The Dornier EPOS has ultrasound allowing the physician to view the damaged tissue and calcification/spur site. The painful unhealthy tissue is targeted with ultrasound and then the machine produces and directs powerful shockwaves to the damaged tissue. This causes micro trauma to the tissue and activates your body's own healing process. The newly traumatized tissue is replaced with strengthened new fibers called Fibroblasts. This new tissue is stronger and more flexible than your previously damaged tissue.

### What is involved in the procedure?

ESWT benefits patients because their condition can be treated extracorporeally, meaning outside of the body. Since ESWT is non-invasive there is no lengthy recovery period, virtually no time off from work or risk of causing further damage as with surgery.

During the treatment you lie back comfortably with the area to be treated resting on the machine on a soft water filled membrane. (See photographs). To ensure patient comfort, a local anesthesia is used for the procedure. The technician will make sure you are comfortable throughout the procedure.

Ultrasound will be used to view and target the damaged location. During the treatment you will be aware of a repetitive clicking sound.

The Excellence Shock Wave Therapy Mobile Treatment Center is luxurious and comfortable. You can read, watch television, enjoy a refreshment and relax while you receive your treatment. We do everything we can to make your experience comfortable, even enjoyable.

In some cases your treatment will be scheduled in the doctor's office or surgical center.

### What equipment do you use?

We use the Dornier EPOS Ultra. The EPOS is FDA Class 3 approved for the treatment of chronic plantar fasciitis. In our opinion, the Dornier EPOS is the highest quality, most state-of-the-art device on the market.

There are many reasons why Excellence Shock Wave Therapy chose the Dornier EPOS Ultra as our ESWT equipment. Three main technical factors should be of interest to our patients:

1. The Dornier EPOS uses ultrasound during the treatment process. This means the doctor can locate, view, and target the specific area or damage/injury with pinpoint accuracy. Shockwaves are directed exactly where they are needed, and only where they are needed, to ensure a successful treatment.
2. The Dornier EPOS treats plantar fasciitis by sending the shockwaves in through the tendon from the side of the heel. Other equipment sends the shock wave in from the bottom of the heel directing the shock waves up and into the heel bone. This bone impact is painful. Because we do not impact bone we do not need to use unnecessary general anesthesia or IV sedation.
3. The Dornier is a high energy ESWT machine with a wide range of settings and penetration depths. This allows the doctor and the technician to fine tune the procedure to your individual diagnosis. The Dornier treatment is not one size fits all.

### [I've tried other things but they didn't help. How is ESWT different?](#)

Tendonitis sometimes resolves by itself or with the help of treatments such as strapping, physical therapy, anti-inflammatory medications, or cortisone injections. When the condition is new it is called acute tendonitis. Acute tendonitis is an inflammation of the tendon. All of the treatments used at this stage are meant to rest the area or deal with the inflammation.

Those who do not get better in the "acute" phase have what is called chronic tendonosis. The difference between tendonosis and tendonitis is simple. Tendonitis is inflammation. Tendonosis is degenerative or damaged tissue. You can use steroid injections repeatedly with no result if the problem has gone beyond inflammation. Surgery was the only option for tendonosis. ESWT treats tendonosis because ESWT forces the damaged tendon to heal.

Most important, those patients who have been inappropriately trying to treat inflammation are left to suffer pain. Left untreated a damaged tendon can get progressively worse and cause further biomechanical damage to other areas of the body from limping or improperly lifting. We see many patients who suffer back, hip or other pain as a direct result of the damaged tendon in their foot, arm, or shoulder.

### [What kind of recovery can I expect?](#)

The EDA ESWT studies using our treatment protocol show an overwhelming success rate. In the study, a group of 150 patients was asked to rate their pain level on a scale of 1 to 10. The average pain level before treatment was 7.7. After receiving one ESWT treatment, the patients were asked one year later to rate their pain level again on a scale of 1 - 10. The patients who reported had an average pain score post-ESWT of 0.6. This is a 92% reduction in pain and a much higher rate of success than any non-surgical or surgical procedure. More importantly, ESWT is very safe.

ESWT is forcing your body to create new tissue cells in the damaged area. Expect gradual healing to take place over many weeks.

Though not typical, some have mild soreness after treatment. Some people have no more pain from day one. Most will have noticeable to significant improvement by the thirteenth week. A second treatment after 16 weeks may be necessary in less than 10% percent of patients.

You avoid getting worse before getting better as you would with surgery. You do not need to plan lengthy time off from work or your life for painful post-procedure recovery.

There are no special preparations normally required prior to an ESWT treatment. Your treatment coordinator will discuss any special requirements for your treatment. Please arrive 25 minutes prior to your treatment to allow time to register and visit with your doctor before getting started.

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