

What Are The Main Benefits Of Shockwave Therapy?

- Fast relief from pain. Generally only 4-7 sessions are needed.
- Effective treatment. Many patients feel less pain immediately after their first treatment, including cases of chronic injury.
- The treatment is non-invasive and no anaesthetic is required. Shockwave therapy is tolerated very well by most patients.
- Generally the patient will not need medication due to the fast pain relief provided by the shockwave therapy.
- This type of treatment is recognised as leading edge technology overseas.
- Shockwave treatment is proven by many independent studies and has proven to be effective for specific indications with success rates of 90%.
- Treatment times are short with only 5-10 minutes needed per session. This is important in our busy daily lives, where most of are time poor.



- Shockwave therapy has a wide range of applications as mentioned above.

OG Chiropractic & Sports Injury Centre is the only clinic on the Northern Beaches to have this ground breaking form of treatment available.

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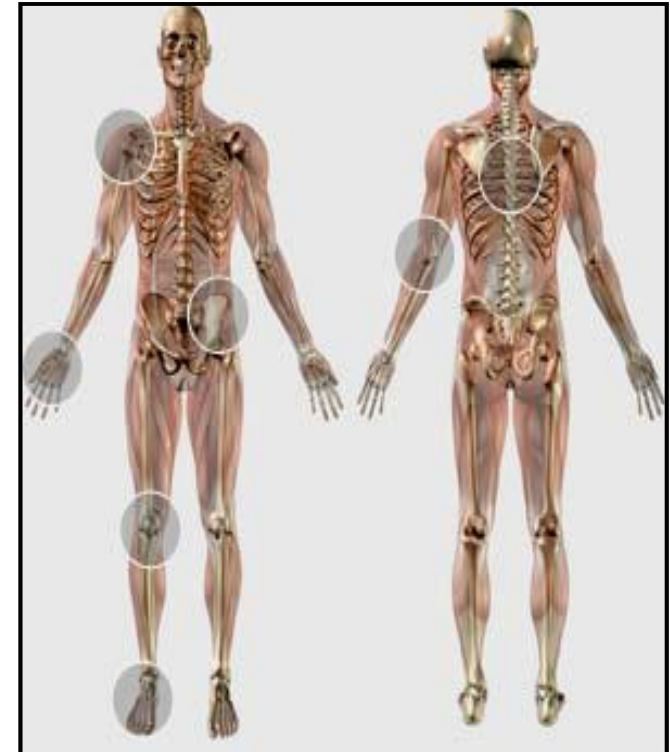
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Don't put up with your chronic pain. Call for an appointment today. What do you have to lose?



SHOCKWAVE THERAPY

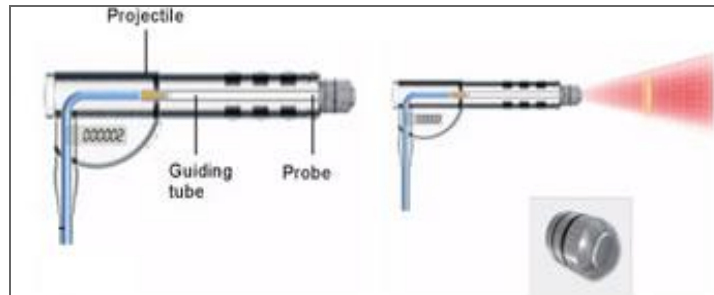


Extracorporeal Shock Wave Therapy (ESWT)

Extracorporeal Shock Wave Therapy (ESWT) is a modern and highly effective treatment method in which high-energy sound waves are introduced into injured/ painful areas of the body. With this innovative treatment, pathological alterations of tendons, ligaments, capsules, muscles and bones can be eliminated systematically.

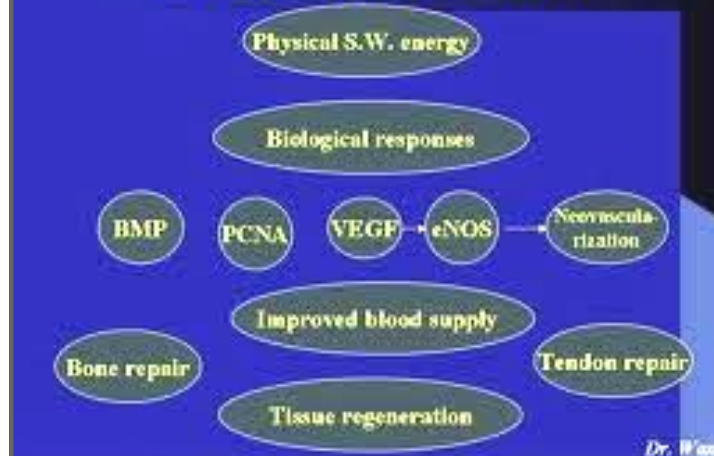
How do shock waves work?

Shock wave therapy accelerates the healing process by breaking up scar tissue/adhesions, locally stimulating the metabolism and increasing blood circulation. Damaged tissue regenerates and heals at a dramatically enhanced rate.



Compressed air is used to generate kinetic energy which propels a metal projectile against a transmitter at the end of the applicator, and this then generates the therapeutic shockwaves.

A Cascade of the Mechanism of Shockwave In Musculoskeletal Tissues



Shockwave therapy aids the area of injury by;

- Improving blood supply.
- Regenerating injured tissues such as muscles or ligaments.
- Helping bone repair.
- Helping tendon repair.

What Does Shock Wave Therapy Treat?

- Elbow Pain: tennis elbow, golfer's elbow, tendonitis, repetitive strain injuries
- Shoulder Pain: "frozen shoulder", tendonitis such as rotator cuff or biceps, calcific tendinitis, muscle tears.
- Hand Pain: Tendinitis of the hand/thumb, carpal tunnel syndrome.
- Hip Pain: Trochanteric bursitis.
- Knee Pain: Osteoarthritis, torn meniscus, patellar tendinopathy (jumper's knee), shin splints, iliotibial tract problems.
- Ankle and Foot Pain: Heel spur, plantar fasciitis, Morton's neuroma, chronic instability of the ankle/foot.
- Myofascial pain—Trigger points.
- Acute/Chronic muscle/ligament tears or sprains in all joints.
- TMJ Disorders (Jaw Problems)
- Elimination of scar tissue which has formed either through injury or after surgery.