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## *Shockwave Therapy*

### **What is it?**

Shockwave therapy is a special treatment used to treat some chronic tendon and musculoskeletal injuries. The shockwaves are quick, high impulse energy waves, similar to sound waves or a “miniature jack hammer”. The goal of Shockwave Therapy is to reduce pain and help stimulate the body’s ability to heal itself. There are two types of Shockwave Therapy: Radial vs Extracorporeal.



### **What injuries does Shockwave Therapy treat?**

Shockwave Therapy is used to treat many chronic tendon and musculoskeletal injuries. The most common injuries treated by Shockwave therapy include:

- Achilles tendinitis
- Tennis elbow
- Plantar fasciitis
- Patellar tendinitis
- Rotator cuff tendinitis
- Calcific tendonitis

### **How many treatments do I need?**

Most people need 3-6 treatments, but it varies on the injured region. Shockwave therapy may be a reasonable non-invasive treatment for patients that haven’t responded to other conservative treatments, like rest, NSAIDs, Physical Therapy, and Chiropractic.

### **How much does it cost?**

Insurance coverage for Shockwave Therapy is variable. Some insurance companies do not cover Shockwave Therapy and consider it a cash procedure.

### **Where can I get Shockwave Therapy?**

Obach Physical Therapy (Tyler) is the only PT facility in East Texas that offers Shockwave Therapy.