



### Treatment for Plantar Fasciitis

**Plantar Fasciitis** symptoms originate from various origins. These may include thickening of the proximal plantar fascia, decreased vascularity, repetitive stress, metabolic disorders, fascial inflammation, and obesity. Some symptoms may improve without physician intervention; however, some patients have significant pain and need to seek medical treatment.

### Treating Plantar Fasciitis with SWT

This non-invasive treatment has been approved by the FDA, and is performed by our physicians in our office. The patient has **NO** need to receive numbing injections. 3-4 treatments one treatment every 1 to 2 weeks, each treatment lasts approximately 5-10 minutes with most patients resuming normal activities the following day. There are typically no negative side effects with the use of our machine.

## Extracorporeal Shock Wave Therapy for Achilles Tendonitis

Achilles tendonitis is a common complaint. However, the management of Achilles tendonosis and insertional Achilles tendonitis is at times difficult to manage. Conservative treatments may include rest, cortisone injections, ice, NSAIDs, heel lifts, and physical therapy. Extracorporeal Shock Wave Therapy (ESWT) has been shown to be effective in the treatment of chronic Plantar Fascia and tendon pathology. In one study 91% of patients were either very satisfied or satisfied with the outcome of the procedure, and pain score dramatically decreased for both patients with morning pain and activity related pain. In another study by The Journal of Foot & Ankle Surgery, 58 out of 78 patients were significantly improved by at least 1 year post treatment.



# Bayshore Podiatry Center



## SHOCK WAVE THERAPY

For Heel Pain and Achilles Tendonitis



### Breakthrough Technology in Modern Medicine



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## What is Extracorporeal Shock Wave Therapy?

Extracorporeal Shock Wave Therapy, (or ESWT), is a modern medicine technology using shockwaves to treat chronic, painful conditions of the musculoskeletal system. Shock Wave Therapy is an intense, but very short energy wave traveling faster than the speed of sound. The word "Extracorporeal" means "outside the body" and refers to the fact that the shockwaves are generated outside the body.

### Theories as to how ESWT helps promote better healing

There are a couple of theories as to how ESWT helps promote better healing. The most accepted one is that the micro-trauma of the repeated Extracorporeal Shock Wave Therapy to the affected area creates neo-vascularization (new blood flow) into the area. The neo-vascularization promotes tissue healing. The second theory is that in chronic pain, the brain has "forgotten" about the pain and is doing nothing to repair the painful area. By having shockwave therapy a new inflammatory process is created and the brain can react to it by sending the necessary body nutrients to the area to promote healing.



### How does ESWT work?

Extracorporeal shockwaves stimulate certain components within the body so the body is able to heal. ESWT is able to accomplish this even in chronic cases, when the body has demonstrated a previous unwillingness or inability to do so by itself.

In addition stimulating the healing process, ESWT seems to have a direct effect on nerves, diminishing pain.

Many traditional therapies such as anti-inflammatory medications, steroid injections, physiotherapy, massage, acupuncture, and so forth can assist the body during the early, acute phase of an injury. However, they are much less effective in assisting the body to heal when an injury becomes **chronic**. For example, many patients can relate to a history where a steroid injection (like cortisone) seemed to be effective in resolving pain early in their healing process, but subsequent injections were much less effective. This isn't really surprising when you realize that a chronic-state, degenerative injury isn't likely to respond well to a medication designed to affect an acute-phase, inflammatory condition.

What makes ESWT unique is that it is one of the very few technologies in any field of medicine that seems to work best when an injury reaches the chronic, non-healing state. ESWT appears to be able to jump start the healing process in chronic, non-healing injuries and move them back into the acute phase of healing.



## Extracorporeal Shock Wave Therapy less than 10 minutes!

The procedure can be done without anesthesia in the physician's office in less than 10 minutes. The patient is able to walk out. Because re-inflammation is being introduced to the area, the patient cannot take anti-inflammatory (Advil or Aleve) medication afterward, nor should they ice the area. Acetaminophen (Tylenol) may be utilized. For some patients the relief is instantaneous, for others relief may not occur for several weeks or even months. Most studies show maximal improvement between 12 and 20 weeks post treatment.