

Services

Shockwave Therapy

Extra Corporeal Radial Shockwave Therapy-What's it All About?

Shockwave Therapy was introduced into the Canadian healthcare marketplace in 1997. Since then, it has been a staple of the medical industry as the process is relatively painless. Shockwave therapy is a clinically proven therapy that produces excellent results in the treatment of various injuries and helping maintain a healthy lifestyle.

In today's world, Shockwave Therapy is considered an effective non-invasive treatment that promotes accelerated healing through a series of high-energy pulses that stimulate the affected area. There is no pain associated with Shockwave Therapy, only mild discomfort in the early stages, as the pulses are physical, not electrical.

Just how effective is Shockwave Therapy? This multidisciplinary treatment is used today in orthopedics, physiotherapy, sports medicine, urology, and veterinary medicine.

The Science and Statistics behind Shockwave Therapy:

- 84% of patients report good results
- Reduces pain by more than 60%
- Eliminates calcifications in 84% of cases
- Classified as an effective non-operative treatment
- 85% faster return to sports
- Most patients still report positive results 1 year after treatment

The One-All Treatment Option

No one likes being injured. The healing process can be difficult and full of pain and the most important part is your recovery. Shockwave Therapy helps you return to form as quickly as possible and is an effective treatment option for jumper's knee, shoulder pain, tennis elbow, heel spurs, prolonged muscle pain, chronic tendinopathy, medial tibial stress syndrome, calcification, hip pain and many other physical conditions. It is particularly effective in areas where tissue attaches to bone such as the heel, knee, elbow and shoulder.

Unlike other forms of physical therapy, Shockwave Therapy is easy to apply and has proven beneficial in cases where patients saw little improvement using traditional forms of physical therapy.

Do you fear surgery? This is a common fear shared by many. Shockwave Therapy works with your body to stimulate the natural healing process, and in some cases, it can eliminate the need for surgery altogether. Even better, Shockwave Therapy doesn't rely on the use of x-rays or harsh prescription drugs, making it an attractive alternative that will help you improve your overall health.

Frequently Asked Questions:

How long does the treatment take?

Shockwave Therapy is fast and effective. In only 5 minutes, over 2,000 pulses will be delivered to your body. The average session is between 5-30 minutes long and depends on the severity of the injury being treated.

Does the treatment hurt?

Shockwave Therapy is relatively painless, but some patients may feel a slight discomfort with the physical pulses they feel while undergoing treatment. The intensity of the treatment can also be adjusted to the patients liking, offering them a uniquely crafted physical therapy service. Most patients quickly adapt to the treatment after their first session and begin to enjoy it and the immense health benefits it provides.

How many treatments will I need?

The average injury will require at least 3 treatments with the possibility of an additional 2. However, if your injury is chronic or severe, you may require upwards of 10 sessions in order to stimulate proper healing and prolonged long-term healthiness.

Every patient is different and if you require additional treatments, we will gladly accommodate all of your needs.

How do I know if Shockwave is right for me?

Most medical experts and studies recognize Shockwave Therapy as a non-invasive treatment option for physical injuries. Your designated physical therapist will work with you to decide whether Shockwave Therapy is right for you. This form of treatment is suitable for a wide variety of injuries, and in some cases, it is a viable alternative to surgery.

About Canada Physio

Canada Physio is a multi-disciplinary rehabilitation centre with various locations throughout Toronto, the GTA and London, Ontario. We specialize in comprehensive physical therapy programs, which include options such as Shockwave Therapy, and are dedicated to helping our patients recover as fully and quickly as possible. Injuries are a daily part of life. Our goal is to help you overcome your injuries through a focused physical therapy plan that is customized to your exact needs.

Information Sources:

<http://www.shockwavetherapy.eu/studies>

<http://www.cornerstonephysio.com/shockwave-therapy/>

How to book an appointment

- **Phone:** (Toll Free) 1-844 PHYSIO 1 (1-844-749-7461) or 416-572-1001 and you will be connected to a clinic near you. You will then speak with one of our attendants who will assess your needs and help you book an appointment that suits your schedule.
- **Walk-in:** Patients are more than welcome to visit one of our many locations throughout Toronto, the GTA and London, Ontario, in person to book an appointment.
- **Email:** info@canadaphysio.ca
- **Live Chat:** Call our toll free number at **1-844 PHYSIO 1 (1-844-749-7461) or 416-572-1001** and speak to one of our live attendants 24 hours a day/7 days a week.