



- Proven Clinical Results
- In-Office Procedure
- No Anesthetic Required
- Fast, Safe, and Effective Treatment Protocol

WHAT IS RADIAL ESWT?

Radial Extracorporeal Shockwave Therapy, also known as rESWT, is a nonsurgical treatment option for persistent heel pain associated with either chronic plantar fasciitis or achilles tendinitis. Powerful sound waves are generated by the rESWT device and focused onto the targeted tissue. The sound waves stimulate and reactivate normal tissue healing. This is accomplished through angiogenesis, or formation of new blood vessels. In addition, treatment can act to overstimulate pain transmission nerves, which can lead to a reduction in sensitivity and discomfort.

HOW SUCCESSFUL IS THIS TREATMENT?

Success rate following 3-5 treatments is approximately 70 - 80%. Although symptoms may not be completely eliminated, they do tend to diminish to a level where pain is significantly less disabling and surgical intervention is no longer indicated. Treatments are performed on a weekly basis.



HOW IS TREATMENT PERFORMED?

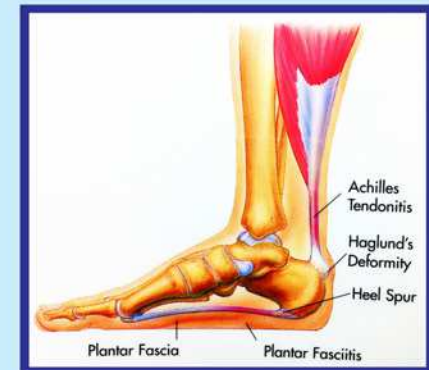
Each treatment takes approximately 10 minutes. Local anesthetic is not required. The area of greatest pain is localized. A coupling gel is applied. The head of the shockwave handpiece is placed at this area and treatment is initiated. Some very mild discomfort can be associated with the procedure. When treatment is completed, patients can walk out of the office and return to normal daily activities.



AM I A CANDIDATE FOR rESWT?

This treatment is typically provided when other conservative treatments prove ineffective. For plantar fasciitis, these treatments may include oral nonsteroidal medications, steroid injections and custom orthotics. For achilles tendinitis, conservative treatments may include oral or topical nonsteroidal medications, heel lifts or immobilization.

In certain cases, treatment may be contraindicated. Patients who have a pacemaker, who are taking Coumadin, or are pregnant, are not good candidates for this procedure.



ARE THERE ANY POTENTIAL COMPLICATION WITH rESWT?

The risk of complications as a result of this treatment is quite minimal and certainly less than surgical approaches. Rarely, patients may experience low grade bruising at the treatment site. This problem will quickly resolve with cold therapy.

WHAT IF rESWT DOES NOT REDUCE MY HEEL PAIN?

As with other conservative treatments, rESWT may not prove completely effective in reducing heel pain. Should that be the case, a surgical approach may be considered if severity of pain is disabling.

WILL MY INSURANCE CARRIER PAY FOR THIS TREATMENT?

Although the technology behind rESWT has been cleared by FDA, insurance carriers do not typically reimburse for this treatment. The cost of 3-5 treatments would be a fraction of the cost of surgery. This procedure can be paid with Care Credit Financing. In addition, patients with an HSA or Flexible Payment Medical Savings Account may use these funds to cover out-of-pocket medical expenses.

All treating physicians are Board-Certified by the American Board of Foot and Ankle Surgery.

Find a Heel Pain Treatment Center

Bay Harbor Podiatry Group

footcareone.com

21250 Hawthorne Blvd.
Suite 160
Torrance, CA 90503
310.540.1213

Pacific View Podiatry

drsillers.com

2001 Santa Monica Blvd.
Suite 268
Santa Monica, CA 90404
310.829.2299

Aloha Foot & Ankle Associates

alohafootandankle.com

26732 Crown Valley Parkway
Suite 317
Mission Viejo, CA 92691
949.364.2525

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