

# Dr Usamah Jannoun

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## Patient Information Leaflet Shockwave Therapy

This patient information leaflet has been devised by your Consultant. It serves as a guide only. Further information can be obtained online either at [www.usamahjannoun.co.uk](http://www.usamahjannoun.co.uk) or other useful websites with information relating to the procedure.

Shockwave therapy is a non-surgical treatment and works by delivering mechanical impulses of energy, targeted to specific damaged tissues within an abnormal tendon.

### **Who is Extracorporeal Shockwave Therapy suitable for?**

Before shockwave therapy is considered, you will have a full clinical assessment. This usually includes an ultrasound scan or MRI of the painful region involved.

Extracorporeal Shockwave Therapy treatment is a highly effective treatment available for patients with:

- Shoulder pain including calcium in the rotator cuff tendons
- Elbow pain (tennis and golfer's elbow)
- Hip pain (trochanteric bursitis)
- Thigh pain (hamstring and quadriceps muscle strain)
- Knee pain (patellar tendinopathy)
- Achilles tendinopathy
- Plantar Fasciitis

### **What happens during shockwave therapy?**

Your consultant will work with you to identify the exact area of pain and apply a gel-like substance to the area to promote the process. A probe is pressed on to the affected area and the shockwaves are delivered through the skin. The impulses are delivered through the skin as a shockwave that spreads inside the injured tissue as an aspherical 'radial' wave. These radial shockwaves initiate an inflammation-like response in the injured tissue that is being treated, and prompts the body to respond naturally by increasing blood circulation, the number of blood vessels and therefore metabolism in the injured tissue. Shockwave therapy increases the blood flow within the affected area, stimulating cell regeneration and healing, and decreasing local factors which can cause pain.

The shockwaves are felt as pulses which are a little uncomfortable but not painful. Typically, our first treatment will start with a low level of intensity and increase this to a point where you feel comfortable. Patients are typically treated in an outpatient environment and the procedure does not require any type of sedation or anaesthetic.

Shockwave therapy treatments are usually performed at weekly intervals, usually 3 treatment sessions, each taking about five minutes. Your insurer can cover further treatments if you are

showing an improvement after three sessions but your symptoms have not fully resolved. You will have a review follow-up consultation after your third treatment session to assess your overall progress to the treatment prior to any further sessions taking place.

### **After shockwave therapy**

Many patients experience an improvement in symptoms almost immediately while others take several weeks to respond. You may notice a reddening or swelling of the area with some patients experiencing a brief increase in pain for up to seven days. It may take several weeks to see an overall benefit.