

high energy shockwave therapy

High Energy Shockwave Therapy: A Revolutionary Approach to Pain Relief and Healing

high energy shockwave therapy has gained considerable attention in recent years as an innovative treatment option for various musculoskeletal conditions. Unlike traditional therapies that often rely on medication or invasive procedures, this non-invasive technique harnesses the power of acoustic waves to stimulate healing and reduce pain. Whether you're an athlete recovering from an injury or someone struggling with chronic pain, understanding how high energy shockwave therapy works could open new doors to effective relief.

What Is High Energy Shockwave Therapy?

High energy shockwave therapy (HEST) is a medical treatment that uses high-intensity sound waves to target damaged tissues. These waves generate mechanical pressure pulses that penetrate deep into muscles, tendons, and bones. Unlike low-energy shockwave therapy or radial shockwave treatments that operate at lower intensities, HEST delivers a concentrated burst of energy capable of initiating more significant biological responses. This makes it particularly effective for stubborn conditions that have not responded well to conventional therapies.

How Does It Work?

The mechanism behind high energy shockwave therapy involves several physiological processes:

- **Stimulating Blood Circulation:** The shockwaves promote the formation of new blood vessels (angiogenesis) in the treated area, enhancing oxygen and nutrient delivery which accelerates tissue repair.
- **Breaking Down Calcifications:** In cases like calcific tendonitis, HEST can help dissolve calcium deposits that cause pain and restricted movement.
- **Triggering Cellular Regeneration:** The mechanical stress from shockwaves activates stem cells and growth factors, encouraging the regeneration of collagen and other structural proteins essential for healing.
- **Pain Modulation:** Shockwave therapy influences nerve endings, reducing the transmission of pain signals and providing lasting relief.

Common Conditions Treated with High Energy Shockwave

Therapy

High energy shockwave therapy is widely used in orthopedics and sports medicine. Here are some of the most common ailments successfully managed with this technology:

Tendinopathies

Chronic tendon injuries such as Achilles tendinitis, plantar fasciitis, and tennis elbow are prime candidates. These conditions often involve microtears and inflammation that conventional treatments struggle to resolve. HEST promotes healing by stimulating collagen production and reducing inflammatory markers.

Calcific Tendonitis

Calcium build-up in tendons, especially in the shoulder's rotator cuff, can cause intense discomfort and limit mobility. High energy shockwave therapy helps to fragment these deposits, leading to their resorption by the body.

Bone Healing and Non-Union Fractures

In cases where fractures fail to heal properly, shockwave therapy can jumpstart the repair process by enhancing cellular activity and blood flow to the affected bone.

Chronic Pain Syndromes

Apart from structural injuries, HEST has shown promising results in treating chronic pain conditions such as myofascial pain syndrome and certain neuropathic pains by modulating nerve function.

The Treatment Experience: What to Expect

If you're considering high energy shockwave therapy, understanding the treatment experience can help alleviate any concerns.

Procedure Details

Typically, a session lasts between 15 to 30 minutes, depending on the condition's severity and area treated. The therapist applies a gel to the skin, then uses a handheld device to deliver shockwaves directly to the targeted tissue. Patients might feel a tapping or tingling sensation, which can range from mildly uncomfortable to slightly painful, but this usually subsides quickly.

Number of Sessions

Most treatment plans involve multiple sessions spaced about a week apart. A typical course might include 3 to 5 visits, but this varies based on individual response and the nature of the injury.

Post-Treatment Care

After undergoing high energy shockwave therapy, some mild swelling or redness may occur but generally resolves within a day or two. Patients are often advised to avoid strenuous activities for a short period and may be given exercises to support recovery.

Benefits of High Energy Shockwave Therapy Over Traditional Treatments

Choosing the right treatment option depends on various factors, including effectiveness, safety, and recovery time. High energy shockwave therapy offers several advantages:

- **Non-invasive:** No needles, anesthesia, or incisions required, reducing risk of infections and complications.
- **Minimal Side Effects:** Side effects are usually mild and temporary compared to medications or surgery.
- **Accelerated Healing:** By directly stimulating tissue repair, HEST often shortens recovery timelines.
- **Pain Reduction Without Drugs:** Offers a drug-free alternative to managing chronic pain, minimizing dependency on painkillers.
- **Outpatient Procedure:** Treatments are quick and performed in clinics, allowing patients to return

home immediately.

Who Should Consider High Energy Shockwave Therapy?

While HEST is suitable for many patients, it's particularly beneficial for those who:

- Have chronic soft tissue injuries that haven't improved with physical therapy or medications.
- Wish to avoid surgery or are not candidates for invasive procedures.
- Are looking for faster recovery options to return to active lifestyles.
- Seek non-pharmaceutical methods to manage pain.

That said, individuals with certain medical conditions such as blood clotting disorders, infections at the treatment site, or pregnancy should discuss risks and alternatives with their healthcare provider before proceeding.

Integrating Shockwave Therapy with Other Treatments

High energy shockwave therapy is often most effective when combined with other rehabilitation methods. Physical therapy exercises complement HEST by strengthening muscles and improving flexibility. Additionally, lifestyle modifications including proper nutrition, adequate rest, and ergonomic adjustments can enhance healing outcomes.

Complementary Approaches

- **Physical Therapy:** Targeted stretching and strengthening exercises help maintain the gains achieved through shockwave therapy.
- **Cold and Heat Therapy:** Applying ice or heat before and after sessions can reduce inflammation and soothe discomfort.
- **Nutritional Support:** Nutrients like vitamin C, zinc, and omega-3 fatty acids play crucial roles in tissue repair and may speed recovery.
- **Pain Management Techniques:** Mindfulness, acupuncture, or massage can further alleviate symptoms.

Advancements and Future Directions in High Energy Shockwave Therapy

As research advances, the applications of high energy shockwave therapy continue to expand beyond traditional musculoskeletal uses. Emerging studies suggest potential benefits in treating erectile dysfunction, promoting wound healing, and even assisting with certain neurological conditions. Technological improvements are also making devices more precise, comfortable, and accessible.

Healthcare professionals are increasingly incorporating shockwave therapy into multidisciplinary approaches, recognizing its versatility and effectiveness. Patients now have more options than ever to explore innovative, non-invasive treatments tailored to their needs.

If you're dealing with persistent pain or injury, exploring high energy shockwave therapy with a qualified specialist might be a worthwhile step. This modern treatment offers a promising blend of science and healing, providing hope for those seeking alternatives to conventional care.

Frequently Asked Questions

What is high energy shockwave therapy?

High energy shockwave therapy is a non-invasive treatment that uses acoustic waves to promote healing and reduce pain in injured tissues, commonly used for musculoskeletal conditions.

What conditions can high energy shockwave therapy treat?

It is often used to treat conditions such as plantar fasciitis, tendinitis, calcific shoulder tendinopathy, and chronic pain in muscles and joints.

How does high energy shockwave therapy work?

The therapy delivers focused high-energy sound waves to the affected area, stimulating blood flow, accelerating tissue repair, and breaking down calcium deposits.

Is high energy shockwave therapy painful?

Some patients may experience mild discomfort or a tingling sensation during the treatment, but it is generally well tolerated and does not require anesthesia.

How many sessions of high energy shockwave therapy are typically needed?

Treatment protocols vary, but most patients undergo 3 to 5 sessions spaced one week apart to achieve optimal results.

Are there any side effects or risks associated with high energy shockwave therapy?

Side effects are usually minimal and may include temporary redness, swelling, or bruising at the treatment site; serious complications are rare.

Additional Resources

High Energy Shockwave Therapy: An In-Depth Professional Review

high energy shockwave therapy has emerged as a prominent non-invasive treatment method in the realm of musculoskeletal disorders and chronic pain management. Over recent years, medical professionals have increasingly turned to this innovative therapy due to its potential to accelerate healing processes, reduce pain, and improve functional outcomes without resorting to surgery or pharmacological interventions. This article offers a comprehensive analysis of high energy shockwave therapy, exploring its mechanisms, clinical applications, benefits, limitations, and the scientific evidence supporting its use.

Understanding High Energy Shockwave Therapy

High energy shockwave therapy (HEST) involves the application of focused acoustic waves generated by specialized devices to targeted tissues. Unlike low energy shockwave treatments typically used for superficial conditions or cosmetic purposes, HEST delivers higher intensity pulses capable of penetrating deeper structures such as tendons, ligaments, muscles, and bones.

The fundamental principle behind this therapy is mechanotransduction — the conversion of mechanical stimuli into biochemical signals that promote tissue regeneration. High energy shockwaves induce microtrauma, which triggers a cascade of biological responses including neovascularization (formation of new blood vessels), increased cellular metabolism, and enhanced collagen synthesis. These processes collectively contribute to accelerated tissue repair and modulation of inflammatory pathways.

Mechanism of Action

At the cellular level, high energy shockwave therapy exerts multiple effects:

- **Stimulation of angiogenesis:** Improved blood flow facilitates nutrient delivery and waste removal at the injury site.
- **Activation of growth factors:** Release of substances such as vascular endothelial growth factor (VEGF) and nitric oxide promotes healing.
- **Pain modulation:** Shockwaves may alter pain signaling by stimulating nociceptors and influencing nerve transmission.
- **Breakdown of calcific deposits:** Particularly useful in conditions like calcific tendinitis, shockwaves mechanically disintegrate calcium build-ups.

These multifaceted actions position HEST as a versatile option for various orthopedic and pain-related conditions.

Clinical Applications of High Energy Shockwave Therapy

The therapeutic scope of high energy shockwave therapy spans a wide range of musculoskeletal disorders, often those resistant to conventional treatments. Its non-invasive nature and minimal side effects make it an attractive alternative or adjunct to surgery and long-term medication.

Common Indications

- **Plantar fasciitis:** One of the most extensively studied applications, HEST has demonstrated efficacy in reducing heel pain and improving foot function.
- **Tendinopathies:** Including conditions such as Achilles tendinitis, patellar tendinopathy, and lateral epicondylitis (tennis elbow).
- **Calcific shoulder tendinitis:** High energy waves facilitate the fragmentation and resorption of calcium deposits.

- **Non-union fractures:** Shockwave therapy can stimulate bone healing in cases where fractures show delayed or absent union.
- **Myofascial pain syndrome:** Targeting trigger points to alleviate muscular pain and improve mobility.

Comparative Effectiveness

Several randomized controlled trials have compared high energy shockwave therapy with other treatment modalities. For instance, in plantar fasciitis management, meta-analyses indicate that HEST provides comparable or superior pain relief and functional improvement relative to corticosteroid injections or physical therapy alone. Similarly, in calcific tendinitis, shockwave therapy has shown higher success rates in reducing calcific deposits than ultrasound-guided needling.

However, outcomes can vary depending on treatment parameters such as energy flux density, number of sessions, and patient characteristics. Moreover, not all studies report consistent benefits, emphasizing the need for individualized treatment planning and further large-scale research.

Procedural Considerations and Patient Experience

Administering high energy shockwave therapy requires specialized equipment and trained clinicians. Treatment protocols generally involve several sessions spaced over weeks, with each session lasting approximately 15 to 20 minutes.

Technical Aspects

Devices used for HEST generate shockwaves either electrohydraulically, electromagnetically, or piezoelectrically, with each technology offering distinct wave characteristics. The choice of device influences the depth of penetration and focal area, which clinicians tailor according to the targeted condition.

Safety Profile and Side Effects

While high energy shockwave therapy is considered safe, some patients may experience transient discomfort during or after treatment. Common side effects include:

- Local redness or swelling
- Mild bruising
- Tingling or numbness
- Temporary increase in pain intensity

Serious complications are rare but contraindications include coagulopathy, infections at treatment sites, and presence of malignancies. Patient selection and adherence to safety guidelines are critical.

Advantages and Limitations

A balanced evaluation of high energy shockwave therapy reveals both promising benefits and existing challenges.

Pros

- **Non-invasive:** Avoids risks associated with surgery.
- **Minimal recovery time:** Patients often resume activities shortly after treatment.
- **Reduced reliance on medications:** Potentially lowers need for analgesics or steroids.
- **Stimulates natural healing:** Encourages intrinsic tissue repair mechanisms.

Cons

- **Variable efficacy:** Not all patients respond equally.
- **Discomfort during treatment:** High energy levels can cause pain.
- **Cost considerations:** Equipment and sessions may be expensive and not universally covered by

insurance.

- **Limited long-term data:** More research needed to define optimal protocols and sustained outcomes.

Future Perspectives and Innovations

The field of high energy shockwave therapy continues to evolve, with ongoing studies investigating its applications beyond traditional musculoskeletal disorders. Emerging research explores its role in neurological rehabilitation, erectile dysfunction, and chronic wound healing.

Technological advancements aim to refine shockwave delivery systems to enhance precision, reduce discomfort, and customize treatments based on patient-specific tissue characteristics. Integration with imaging modalities such as ultrasound guidance further improves targeting accuracy.

Moreover, combination therapies that pair HEST with regenerative medicine approaches like platelet-rich plasma (PRP) or stem cell injections are under investigation, potentially amplifying therapeutic benefits.

As the evidence base expands, high energy shockwave therapy may solidify its position as a cornerstone of conservative treatment strategies for a broad spectrum of clinical conditions.

In summary, high energy shockwave therapy represents a compelling therapeutic option grounded in sound physiological principles and supported by a growing body of clinical data. While not a panacea, its capacity to stimulate healing, alleviate pain, and improve function without invasive intervention positions it as a valuable tool in modern medicine's arsenal. Careful patient selection, adherence to evidence-based protocols, and ongoing research will shape its future role in healthcare delivery.

High Energy Shockwave Therapy

high energy shockwave therapy: Shockwave Medicine C. -J. Wang, W. Schaden, J. -Y. Ko, 2018-04-05 This comprehensive reference work provides a detailed overview of shockwave therapy, a relatively new clinical specialty in modern medicine. It follows the evolution of Extracorporeal Shockwave Therapy (ESWT) from its initial stage as the gold standard for the disintegration of kidney stones to its regenerative effects in biological tissues. Starting with the basic principles of shockwave treatment, the book goes on to review its application in musculoskeletal disorders, including osteonecrosis of the hip, tendinopathy, fracture treatment, and treatment of sports related injuries. The application of ESWT in cardiovascular diseases is discussed. This includes preclinical and clinical applications for ischemic cardiovascular disease and effects on angiogenesis and

anti-inflammation-molecular-cellular signaling pathways. The treatment of urinary diseases and erectile dysfunction by ESWT is elaborated. The book concludes with a discussion of future prospects of the shockwave therapy. Scholars and research fellows interested in shockwave medicine will benefit greatly from this work. It is also a useful clinical resource for nephrologists, urologists, cardiologists, and orthopedists.

high energy shockwave therapy: Casebook of Orthopedic Rehabilitation David Ip, 2007-12-08 This book is a companion text to *Orthopedic Rehabilitation, Assessment, and Enablement* by the same author, but can be used independently. Through real life examples, it illustrates the rehabilitation ideas and principles taught in the companion text, ranging from conditions seen daily by the orthopedic surgeon or primary care physician to more challenging conditions. It also covers newer paradigm shifts in the management of osteoporosis and new technologies. In addition, the book highlights the uses of the computers and virtual reality in the field of orthopedic surgery. Coverage ends by stressing the importance of tele-rehabilitation.

high energy shockwave therapy: Therapeutic Electrophysical Agents Alain Y. Belanger, 2022-04-04 Pocket-sized and perfect for learning or practice in any setting, *Therapeutic Electrophysical Agents: An Evidence-Based Handbook*, 4th Edition, instills the expertise with electrophysical agents needed for success in physical therapy. This proven, practical text is built on evidence from the most recent published peer-reviewed scientific and clinical literature, providing a credible and reliable foundation for safe, effective practice. The updated 4th edition features a new, streamlined design that emphasizes essential knowledge and skills in a compact, portable format preferred by today's busy students and practitioners, accompanied by online resources that simplify conversion and dosimetric calculations to save time while ensuring accurate results.

high energy shockwave therapy: A Clinicians Guide to Myofascial Pain in the Canine Patient Dr. Michele Broadhurst, 2022-01-01 This manual is an essential resource for anyone who is interested in treating pain in their respective practices. For the veterinarian who spent only a few weeks in college learning about the musculoskeletal system and wants to understand it better and treat their patients more effectively, for the veterinary dentist, who is struggling to help patients with temporomandibular joint dysfunction, or the physical therapist who feels like massage isn't quite cutting it, or for the chiropractor who can't understand why their adjustment isn't holding and the patient is still suffering. No one has time in their busy offices to lug out an enormous textbook and start paging through it for 15 minutes while their patient and client sit waiting. This has been designed as a quick reference text for those practitioners that have a patient presenting with a myofascial pain syndrome and need to quickly recap what muscles can be causing it, where those trigger points are, how to treat it and what to do post treatment. The author has more than 16 years of practical hands on experience and has worked on thousands of patients (human and animal) to bring you the most valuable and concise information that you will need to be successful in dry needling in your practice.

high energy shockwave therapy: A Clinicians Guide to Myofascial Pain in the Equine Patient Dr. Michele Broadhurst, 2022-01-01 Myofascial pain is a term that has been bandied about for many years, but it is often unclear to people exactly what it means or how to treat it. Fortunately, veterinarians, physical therapists, chiropractors and other practitioners are at last starting to acknowledge the importance of myofascial pain syndromes and collaborating on treatment. This manual is an essential resource for anyone who is interested in treating pain in their respective practices. For the veterinarians who spent only a few weeks in college learning about the musculoskeletal system and wants to understand it better and treat their patients more effectively; for the veterinary dentist who is struggling to help patients with temporomandibular joint dysfunction; the physical therapist who feels like massage isn't quite cutting it; and for the chiropractor who can't understand why their adjustment isn't holding and the patient is still suffering. No one has time in their busy offices to lug out an enormous textbook and start paging through it for 15 minutes while their patient and client sit waiting. This has been designed as a quick reference text for those practitioners that have a patient presenting with a myofascial pain syndrome

and need a quick recap on which muscles could be causing it, where those trigger points are, how to treat it and what to do post-treatment. The author has more than 16 years of practical hands-on experience and has worked on thousands of patients (human and animal) to bring you the most valuable and concise information that you will need to be successful in dry needling in your practice. We begin with an overview of the relationship between muscle and trigger points, as well as fascia and its role and function in the body. This is a useful review about the functionality, integrity and uses of muscles, fascia and the trigger points that form and reside in them. The palpation chapter is one of the most important chapters in this book, as most practitioners are deficient in this skill. There are fundamental tools in this chapter that will help you quickly and effectively, master palpation. The diagnosis and treatment chapter outlines the fundamentals in evaluating and treating patients with myofascial pain syndromes. Irrespective of your speciality- veterinarian, physical therapist or veterinary technician, the principles for correctly diagnosing and treating myofascial pain syndromes and myofascial trigger points remain the same. Needling use and technique will give you a basic foundation on what and where to needle as well as the how. This chapter incorporates different needling techniques as well as post-treatment protocols. It teaches you how to be safe, and what contra-indications are important to keep in mind when evaluating a patient for dry needling. We cover the differences and similarities between acupuncture and dry needling. A brief discussion will help you resolve the differences between these two treatment protocols. Other modalities for eliminating MFTPs are discussed briefly. Treating patients is not a 'one size fits all' scenario, therefore one must be aware of alternative treatments that are beneficial when dealing with myofascial pain and trigger points. We have touched on the efficacy of some of these treatments but have not gone into great detail. Needle safety and consideration covers everything you need to know regarding clean needle technique and how to be safe when working with needles. Each muscle that is discussed covers the attachments, action, how to palpate the muscle, the relevant pain pattern for that specific muscle, needling technique, causative and perpetuating factors and accessory/associated trigger points relating to that muscle. In conclusion, this manual is for the practitioner who wishes to deepen their understanding of myofascial pain syndromes and wants to help their patients in a quick and incredibly effective manner.

high energy shockwave therapy: Muscle-Tendon-Innervation Unit: Degeneration and Aging - Pathophysiological and Regeneration Mechanisms Luciano Merlini, Cesare Faldini, Paolo Bonaldo, 2017-02-24 Aging is characterized by progressive deterioration of walking ability. This function loss has multiple causes including central and peripheral nerve dysfunction, loss of muscle mass and strength, as well as joints and bone alterations. Muscle-tendon unit and its innervation has a pivotal role in motor function performance that can be disrupted by overuse degeneration and aging. Research has shown that overuse degeneration and aging also share some pathophysiological mechanisms including mitochondrial dysfunction, increased apoptosis, abnormal modulation of autophagy, decline in satellite cells, increased generation of reactive oxygen species, and modification of signalling and stress response pathways. This Research Topic is intended to bring together basic researchers and clinicians working in the area of neuroscience, aging, sarcopenia and orthopaedics in human and in animal models. The aim of this cross-fertilization is to accelerate our understanding of the mechanisms involved in aging and degeneration of the muscle-tendon unit and its innervation and to explore the therapeutic potential of pharmacological and physical therapy interventions.

high energy shockwave therapy: Minimally Invasive Foot & Ankle Surgery Eric Bluman, Christopher Chiodo, 2015-12-01 Stay up to date with the latest minimally invasive foot and ankle surgeries with this second volume in the Minimally Invasive Orthopaedic Surgery series. Clinically focused, concise, and easy to use, Minimally Invasive Foot and Ankle Surgery walks you step by step through more than two dozen commonly performed surgeries designed to reduce patient recovery and rehabilitation time while minimizing risk. International experts in the field share their innovative techniques in an easy-to-follow, consistent format that includes indications, patient positioning, surgical approach and technique, rehabilitation protocol, outcomes, and complications.

high energy shockwave therapy: Medical and Biomedical Applications of Shock Waves

Achim M. Loske, 2016-12-01 This book provides current, comprehensive, and clear explanations of the physics behind medical and biomedical applications of shock waves. Extracorporeal shock wave lithotripsy is one of the greatest medical advances of our time, and its techniques and clinical devices are continuously evolving. Further research continues to improve the understanding of calculi fragmentation and tissue-damaging mechanisms. Shock waves are also used in orthopedics and traumatology. Possible applications in oncology, cardiology, dentistry, gene therapy, cell transfection, transformation of fungi and bacteria, as well as the inactivation of microorganisms are promising approaches for clinical treatment, industrial applications and research. Medical and Biomedical Applications of Shock Waves is useful as a guide for students, technicians and researchers working in universities and laboratories. Chemists, biologists, physicians and veterinarians, involved in research or clinical practice will find useful advice, but also engineers and physicists may benefit from the overview of current research endeavors and future directions. Furthermore, it may also serve to direct manufacturers towards the design of more efficient and safer clinical, industrial and laboratory equipment.

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high energy shockwave therapy: Electro Physical Agents E-Book Tim Watson, Ethne Nussbaum, 2020-03-17 Electrophysical Modalities (formerly Electrotherapy: Evidence-Based Practice) is back in its 13th edition, continuing to uphold the standard of clinical research and evidence base for which it has become renowned. This popular textbook comprehensively covers the use of electrotherapy in clinical practice and includes the theory which underpins that practice. Over recent years the range of therapeutic agents involved and the scope for their use have greatly increased and the new edition includes and evaluates the latest evidence and most recent developments in this fast-growing field. Tim Watson is joined by co-editor Ethne Nussbaum and both bring years of clinical, research and teaching experience to the new edition, with a host of new contributors, all leaders in their specialty.

high energy shockwave therapy: Stress Fractures in Athletes Timothy L. Miller, Christopher C. Kaeding, 2014-10-20 Stress fractures are fatigue failures of bone caused by unusual or repeated stress on bone and are among the more common sports injuries encountered. Often going unreported or occasionally unnoticed, athletes run the risk of a more serious fracture if untreated. Stress Fractures in Athletes focuses on the presentation, evaluation and treatment of these injuries. Divided into two sections, the first part provides in-depth description of the pathophysiology, epidemiology and biomechanics of stress fractures, as well as a discussion of classification, imaging and some general treatment concepts. The second part expands on treatment and takes each relevant anatomical region into consideration: lumbar spine, pelvis, femur, knee, tibia, upper and lower extremities, and the ribs and shoulder girdle. A chapter on insufficiency fractures, commonly associated with osteopenia and osteoporosis, is also included. As such, Stress Fractures in Athletes are a comprehensive resource for sports medicine practitioners, orthopedic surgeons, primary care physicians and physical therapists alike.

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address injuries caused by road traffic, armed conflicts, civil wars, and insurgencies throughout the world. Learn from many brand-new chapters including Principles of Internal Fixation; Gunshot Wounds and Blast Injuries; New Concepts in Management of Thoracolumbar Fractures; Surgical Treatment of Acetabular Fractures; Diaphyseal Fractures of the Forearm; Fractures of the Distal Femur; Tibial Plateau Fractures; and Amputations in Trauma. Take advantage of guidance from expert editors, two brand new to this edition, and a host of new authors who provide fresh insights on current trends and approaches in the specialty. Know what to look for and how to proceed with a fully updated art program that features full-color intraoperative images and crisp, new figures. Handle the most challenging cases of latent or post-operative nonunions, malunions, and more with extensive coverage of post-traumatic reconstruction. Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability.

high energy shockwave therapy: A Clinicians Guide to Dry Needling for Myofascial Pain Dr. Michele Broadhurst, Dr. Antony Angus, 2022-01-01 Myofascial pain is a term that has been bantered around for many years. It is often unclear to people exactly what this means or how to fix it. Medical doctors, Physical therapists, Occupational therapists, Chiropractors and other practitioners are starting to acknowledge the importance of myofascial pain syndromes and collaborate to figure out how to treat it. Health care is becoming more and more competitive, with many fads cropping up on a monthly basis. Many of these have no scientific base, and yet in the technological age that we are living in, a good marketing strategy can convince you to try anything. I have heard hundreds of patients say that they have tried this and that, with little or no result other than emptying their wallet. This manual is an essential resource for anyone who is interesting in treating pain in their respective practices. For the dentist, who is struggling to help patients with TMJ issues, or the physical therapist who feels like massage isn't quite cutting it, or for the Chiropractor who cant understand why their adjustment isn't holding and the patient is still suffering. No one has time in their busy offices to lug out an enormous textbook and start paging through it for 15 minutes while their patient sits there waiting. This has been designed as a quick reference text for those practitioners that have a patient presenting with a myofascial pain syndrome and need to quickly recap what muscles can be causing it, where those trigger points are, how to treat it and what to do post treatment. The authors have more than 40 years of combined knowledge and have worked on thousands of patients to bring you the most valuable and concise information that you will need to be successful in dry needling in your practice. They have assumed that you have a strong and solid grasp of anatomy and physiology, so they have not done a full recap on the basics of these subjects. We begin with an overview on the relationship of muscle and trigger points. This is a useful review about the functionality, integrity and uses of muscles and the trigger points that form and reside in them. Next we cover the differences between Acupuncture and Dry Needling. A brief discussion that will help you answer the question you will encounter many times a day as to what the differences between these two treatment protocols are. The Palpation chapter is one of the most important chapters in this book, as most practitioners are deficient in this skill. There are fundamental tools in this chapter that will help you, quickly and effectively, master palpation. The Diagnosis and Treatment chapter outlines the fundamentals in evaluating and treating patients. Needling use and technique gives you the foundations on what and where to needle as well as the how. This chapter incorporates different needling techniques as well as post treatment protocols. It teaches you how to be safe and what contraindications are important to keep in mind when evaluating a patient for dry needling. In conclusion, this manual is for the practitioner who wishes to deepen their understanding of myofascial pain syndromes and wants to help their patients in a quick and incredibly effective manner. This book focuses on the how, not the why. It is a quick way of referencing pain patterns and finding out how to treat it immediately.

high energy shockwave therapy: The Mechanical Vibration: Therapeutic Effects and Applications Raoul Saggini, 2017-07-07 In rehabilitation medicine, the therapeutic application of vibration energy in specific clinical treatments and in sport rehabilitation is being affirmed by a growing number of medical professionals. Clinical applications of mechanical vibrations exist in a

variety of forms: mechanical vibrations, ultrasound therapy, extracorporeal shock waves therapy and Extremely Low Frequency (ELF) magnetic field therapy, for example. Each mode of therapy has a specific mechanism of action, dose and indication. However, the enormous potential of vibrations as therapy (understood as ESWT, mechanical vibration, ultrasounds, ELF) have yet to be explored in depth in both the experimental and in the clinical setting. The Mechanical Vibration: Therapeutic Effects and Applications is a monograph that presents basic information about vibrational therapy and its clinical applications. Readers will find information about the mathematical, physical and biomolecular models that make the foundation of vibrational therapy, applied mechanical vibrations in different form (whole body, ultrasound and extracorporeal shock waves) as well as an update on vibrational therapy in general. This monograph is a useful resource for medical professionals and researchers seeking information about the basics of vibrational therapy.

high energy shockwave therapy: Physical Rehabilitation for Veterinary Technicians and Nurses Mary Ellen Goldberg, Julia E. Tomlinson, 2024-02-21 Physical Rehabilitation for Veterinary Technicians and Nurses A must-own guide for veterinary professionals specializing in physical rehab Physical rehabilitation is a vital aspect of veterinary medicine. A successful program of rehabilitation is one of the most important determinants of long-term patient outcomes after surgery or serious illness, and veterinary patients are no exception. Veterinary technicians and nurses specializing in physical rehabilitation therefore constitute a potentially critical component of any veterinary practice and/or care team. Physical Rehabilitation for Veterinary Technicians and Nurses provides a clear, accessible overview of this subject for prospective veterinary rehabilitation professionals. Brimming with insights stemming from both research and practical experience, and now updated to reflect a wave of new research since the first edition, this book promises to equip readers with the knowledge required to make themselves indispensable in veterinary practice. Readers of the second edition of Physical Rehabilitation for Veterinary Technicians and Nurses will also find: Practical tips and tricks connected to the role of a technician on a rehabilitation team New or updated coverage of subjects including canine fitness, shockwave protocols, underwater treadmill exercises, and many more Guidance ideal for training programs and certifications from the most important institutes and technician schools Physical Rehabilitation for Veterinary Technicians and Nurses is ideal as an introduction for prospective technicians and nurses, as well as a reference handbook for practicing veterinary technicians and nurses.

high energy shockwave therapy: Diagnosis and Management of Lameness in the Horse Michael W. Ross, Sue J. Dyson, 2010-10-29 Covering many different diagnostic tools, this essential resource explores both traditional treatments and alternative therapies for conditions that can cause gait abnormalities in horses. Broader in scope than any other book of its kind, this edition describes equine sporting activities and specific lameness conditions in major sport horse types, and includes up-to-date information on all imaging modalities. This title includes additional digital media when purchased in print format. For this digital book edition, media content may not be included. - Cutting-edge information on diagnostic application for computed tomography and magnetic resonance imaging includes the most comprehensive section available on MRI in the live horse. - Coverage of traditional treatment modalities also includes many aspects of alternative therapy, with a practical and realistic perspective on prognosis. - An examination of the various types of horses used in sports describes the lameness conditions to which each horse type is particularly prone, as well as differences in prognosis. - Guidelines on how to proceed when a diagnosis cannot easily be reached help you manage conditions when faced with the limitations of current diagnostic capabilities. - Clinical examination and diagnostic analgesia are given a special emphasis. - Practical, hands-on information covers a wide range of horse types from around the world. - A global perspective is provided by a team of international authors, editors, and contributors. - A full-color insert shows thermography images. - Updated chapters include the most current information on topics such as MRI, foot pain, stem cell therapy, and shock wave treatment. - Two new chapters include The Biomechanics of the Equine Limb and its Effect on Lameness and Clinical Use of Stem Cells, Marrow Components, and Other Growth Factors. The chapter on the hock has been expanded

substantially, and the section on lameness associated with the foot has been completely rewritten to include state-of-the-art information based on what has been learned from MRI. Many new figures appear throughout the book. - A companion website includes 47 narrated video clips of gait abnormalities, including typical common syndromes as well as rarer and atypical manifestations of lameness and neurological dysfunction, with commentary by author/editors Mike Ross and Sue Dyson. - References on the companion website are linked to the original abstracts on PubMed.

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and more complete recovery. Overall, this book is an extensive text for anyone interested in pursuing canine rehabilitation and physical therapy Reviewed by: Helen Davies, University of Melbourne on behalf of Australian Veterinary Journal, March 2015 - Invaluable protocols for conservative and postoperative treatment ensure the successful healing of dogs and their return to full mobility. - Printable medical record forms on the companion website, including client information worksheets, referral forms, orthopedic evaluation forms, and more, can be customized for your veterinary practice. - Six completely updated chapters on exercising dogs define the basic principles of aquatic and land-based exercise and how they may be applied to dogs, as well as how physical therapy professionals can adapt common human exercises to dogs. - Numerous chapters on therapeutic modalities, including therapeutic lasers, illustrate how physical therapy professionals can adapt common human modalities to dogs. - Physical examination chapters offer comprehensive information on orthopedics, neurology, and rehabilitation. - New chapters keep you up to date with coverage of joint mobilization, rehabilitation of the athletic patient, biomechanics of rehabilitation, and physical therapy for wound care. - A companion website includes 40 narrated video clips of various modalities and exercises used to correct problems with lameness, hip disorders, and gait analysis, plus downloadable and printable orthopedic, neurologic, and physical rehabilitation forms, in addition to a client information worksheet, referral form and letter, and a daily flowsheet form.

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