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## **Radial Shockwave Therapy**

### **What is Radial Shockwave Therapy?**

Radial Shockwave therapy is an FDA cleared technology proven to increase the rate of healing for soft tissue tendinopathies and wounds. It is an advanced, non-invasive and highly effective treatment method that enhances blood circulation and accelerates the healing process causing damaged tissue to gradually regenerate.

### **What conditions can be treated with Radial Shockwave?**

- Plantar Fasciitis
- Achilles Tendinitis
- Chronic Stress/Non-Union Fractures
- Morton's Neuroma
- Diabetic Neuropathy

### **Why consider Radial Shockwave Therapy?**

Radial Shockwave has a proven success rate for treating several podiatric related conditions. Low energy radial shockwaves do not require anesthesia to be administered during the treatment, therefore patients may be active immediately and resume their normal routine the same day. Many patients find a significant and immediate reduction in their pain. Some patients may feel results gradually after each treatment, while others may need alternative therapies. Radial shockwave therapy is best utilized when the underlying health condition is chronic or has been present for 6 months or more.

### **What are the possible side effects?**

There have been very few side effects reported. In rare cases, skin bruising may occur. Patients may also feel sore in the area for a day or two afterward, similar to a strenuous workout.

### **Will I be in pain afterward?**

A day or two after the treatment you may feel a slight discomfort (similar to bruising) on or around the treatment area.

## **Relative Contraindications**

- **Major Blood Vessels**

The use of Shockwave therapy is to be avoided in the areas at or near the major blood vessels both in the neck as well as in the thigh. The presence of the shockwave in or around those sensitive areas has the potential to damage major blood vessels there and put the patients at an exceedingly high risk for suffering catastrophic bleeding.

- **Major Nerves**

Some other sensitive areas that should not be directly treated with Shockwave therapy are the ulna/radial nerve, the brachial plexus and other major superficial nerves. While there is an absolute contraindication against using Shockwave therapy directly on the major nerves, it is acceptable to use Shockwave therapy treatment on the areas around the major nerves. However, it's important to use an abundance of caution when performing the treatment in areas near major nerves.

## **Absolute Contraindications**

- **Implanted Devices or Hormones**

There are absolute contraindications against the use of Shockwave therapy in people who have implanted devices or implanted hormones. Shockwave therapy uses waves that are both positive and negative. Either of these types of waves have the potential to do damage to nerve stimulators and other types of implanted devices. The waves can cause unwanted effects and equipment failure. Implanted hormones could be released too rapidly by shockwaves being applied to them.

- **Epiphysis/Growth Plate**

Using Shockwave therapy with people with open growth plates is dangerous. That's because shockwaves/radial waves can potentially damage the plates. As a result, the growth plates can close too quickly, their growth can be delayed or the shockwave can cause an excessive amount of plate growth. None of these bodes well for the patient.

- **Pregnancy/Breastfeeding**

Shockwave treatment to a pregnant woman's stomach area is an absolute contraindication because even in low doses shockwave can negatively affect the fetus.

- **Clotting Disorders/Anti-Coagulants**

If proper caution is used during treatment, Shockwave therapy can be used on patients with clotting disorders or those taking anti-coagulants. The danger is high pressure or high frequency shockwaves can cause bleeding.

- **Joint Replacements**

Shockwave therapy used at the proper settings can prepare patients for new implants by loosening previously implanted joints. Shockwaves can also stimulate the growth of bone around implanted joints. If these are not the practitioner's desired outcomes, shockwave therapy is contraindicated and shouldn't be used.

- **Infection**

There is relative contraindication for using Shockwave therapy for people with infections. It can increase cell production and that can negatively affect people with infections. However, shockwaves/radial waves stimulate healthy tissue growth and can be helpful in dealing with cysts.

- **Cancer/Malignancies**

Shockwave therapy has relative contraindications when treating cancerous tissue because although it can encourage cell growth, shockwaves can also destroy cancerous tissue.

- **Corticosteroid Injections**

Steroid injections can weaken an area and using Shockwave therapy immediately afterwards could cause serious damage. Its recommended practitioners wait 2-3 weeks after the injection before using Shockwave therapy.

- **Serious Cardiovascular Disorders**
- **Implanted Cardiac Pacemakers**
- **Phlebitis or Deep Venous Thrombosis in Leg**