



Which conditions can be treated?

- Shoulder pain, e.g. shoulder calcification
- Tennis elbow or golfer's elbow
- Inflammation of the patellar tendon (jumper's knee)
- Shin pain/Tibial periostitis
- Achilles tendon pain
- Heel pain (heel spur, plantar fasciitis)
- Chronic pain in the neck, shoulder or back
- Tension headaches
- Muscle tension caused by painful muscle knots (trigger points)
- Pseudoarthrosis

Don't let pain control your life! Radial shockwave therapy is an effective treatment method for the complaints listed above.

# **gymna**<sup>®</sup>

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Your therapist:

[www.shockmaster.eu](http://www.shockmaster.eu)

# Shockwave therapy

## Effective against pain!

Ask your therapist



PATIENT INFORMATION

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# Don't let pain control your life!

Muscular pain, shoulder pain or heel pain, golfer's elbow or tennis elbow, chronic pain?

The natural mobility and the quality of life of millions of people are restricted by pain.



“

*“I thought I would never move again, but after only four treatments I was back on the court playing a tennis match!”*

”



Radial ShockWave Therapy (R-SWT) is a modern and very effective method of treatment.

The effect of radial shockwave therapy can often already be noticed after as few as 4 sessions.

The healing process is accelerated by stimulating the self-healing properties of the body. They improve the metabolism and the blood circulation. Damaged tissue recovers and heals itself. This will cause the pain to decrease and mobility to improve.



*“We have been treating our patients with shockwave therapy for some time now, and very successfully too.*

*Please contact us. We will be happy to give you all the information that you need.”*

## The treatment

The therapist determines the location of the pain by searching for painful points. These can also be localised using the hand piece or ultrasound.

Gel is applied to the treatment zone. This improves the contact between the skin and the hand piece to allow the shockwaves to penetrate the body properly.

The hand piece is placed on the pain zone and shockwaves are released. In general, this is painless but sometimes it could be perceived as 'unpleasant'.

In a number of cases, the therapist will use a different treatment head, the D-ACTOR. This combination of shockwaves and vibrations is also used for muscular disorders.

## Duration and frequency of the treatment

A treatment session lasts between 5 and 10 minutes, depending on the condition to be treated. In general, 6 to 8 treatment sessions will be needed at intervals of one week.

## The benefits

### of the ShockMaster shockwave:

- Quick and effective
- An alternative to surgery
- No long-term revalidation needed
- Treatment by your physiotherapist
- Medication no longer required

## ShockMaster: Effective against pain!