

Indications of radial pressure waves

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- The majority of the indications are for what we commonly refer to as insertional tendinopathies.
- Soft/connective tissue/muscles with trigger points or and increased tension are also targets for treatment.
- In many cases shockwave treatment gives excellent results in order to dissolve calcifications.

Example of indications

Plantar fasciitis
Achillodynia
Shin splint
Muscle sprain
Jumper's knee
Runner's knee
Femoro patellar syndrome
Trigger point therapy
Trochanteric insertion tendonitis
Piriformis syndrome
Low back/thoracic pain
Calcified shoulder tendonitis
Frozen Shoulder
Cervical brachial neuralgia
Trapezius tension
Radial/medial epicondylitis
Finger tendonitis
Muscular cramps/spasm
Cellulite treatment
Massage, Vibration therapy

Contraindications of radial pressure waves

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Before a treatment with Radial Pressure Wave, a correct examination and diagnosis should be performed. A correct diagnosis is the best way to ensure an optimal effect of the treatment.

- Do not use Radial Pressure Wave treatment on any body part during pregnancy.
- Haemophilia, or other coagulation disorders.
- Anticoagulant pharmaceuticals, especially Marcumar.
- Acute inflammations. Do not use over swollen, inflamed, infected tissue, skin eruptions or on other acute tissue lesions.
- Polyneuropathy area.
- Cortisone therapy: Wait minimum 6 weeks after local cortisone injection
- Patients with hemorrhages or risk of hemorrhage.
- Patients with malignant tumors and undiagnosed tumors.
- Swellings that still feel warm.
- Implants, areas where implants have been removed, damaged implants, and metal inclusions.
- Over superficial endoprosthesis or metal implants.
- Severe arterial obstructions (stage III and IV).
- Gynecological disorders involving acute inflammation.
- Deep vein thrombosis, phlebitis, varices.
- Arterial disease, circulatory insufficiency.
- Over eyes.
- Over reproductive organs.
- Over cardiac pacemakers and defibrillators, cochlear implants, bone growth stimulators, deep brain stimulators, spinal cord stimulators, nerve stimulators.
- Over open lamina (after laminectomy; spina bifida).
- Directly over the carotid sinuses, ceruical stellate ganglion, or Vagus nerve located in the anterior neck triangle.
- Direct application over cancerous tumors or lesions due to its potential to increase blood flow to the area of malignancy.
- Neoplastic tissues or space occupying lesions.
- Occlusive vascular disease,
- In the presence of systemic or local infection or if the patient has an elevated temperature.
- Shock waves must not be applied to target areas located above air filled tissue (lungs), nor to any regions near large nerves, vessels, the spinal column or head.



Side effects of radial pressure waves

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Side effects could occur after a treatment with Radial Pressure wave therapy. The majority will appear after 1-2 days.

- Do not repeat a treatment until the previous side effects have diminished.
- These side effects generally abate after 5 to 10 days.

Common side effects include:

- Reddening
- Swelling
- Pain
- Hematoma
- Petechiae, red spots
- Skin lesions after previous cortisone therapy

