

## + PHYSIOTHERAPY

### Shockwave Therapy



### + What is Radial Extracorporeal Shock Wave Therapy (rESWT)?

Despite the name, shockwave does not involve an electrical shock. rESWT is a non-invasive treatment that delivers high intensity sound waves into the tissues to stimulate the body's own natural repair system. rESWT is especially useful in treating chronic conditions that have failed to heal on their own. rESWT is widely used and accepted in human medicine (sports medicine, physiotherapy, podiatry) and in the equine veterinary industry. The routine use of ESWT in small animals is still relatively new.

### + Biological Effects of rESWT

- Promotes the release of growth factors, which play an important role in tissue repair, regeneration, and remodelling.
- Increases new blood vessel formation which increases blood flow and enhances nutrient delivery and oxygenation, supporting tissue healing.
- Stimulates new bone development
- Dissolves calcium build up in muscles and tendons
- Reduces scarring and adhesions in connective tissues
- Enhances collagen and cartilage development and inhibits cartilage degeneration
- Reduces pain by inhibiting pain pathways, increasing endorphin release and desensitising nerve fibres

### + Conditions that Benefit from Shock Wave

- Calcific tendons and Tendinopathies
- Chronic Ligament injuries
- Osteoarthritis
- Hip/ Elbow Dysplasia
- Delayed or non-union bone fractures, Stress fractures
- Joint capsule contracture/ Muscle contracture (i.e. Fibrotic Myopathy)
- Myofascial syndrome & Trigger points
- Lumbosacral disease

### + Benefits

- ✓ May avoid surgery for some cases
- ✓ Cost-effective
- ✓ Non-invasive
- ✓ Minimal if any side effects
- ✓ Quick and well tolerated
- ✓ No downtime post treatment

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#### + Session Details

6 sessions, performed 1 week apart, is recommended.

8 sessions may be required in more chronic, complex cases. Ongoing maintenance sessions (i.e. once a month, 3 x year) may be suggested for chronic permanent conditions. Clipping of fur may be required in longer haired dogs.

#### + Making an Appointment

Physiotherapy is currently available every **Tuesday and some Thursdays** at **Brisbane Veterinary Specialist Centre (BVSC) + The Specialist Clinic** at 2/57 Old Northern Road, Albany Creek. Sandra provides a thorough 1 hour assessment including hands-on treatment, advice and provision of home program. Following consultations are 30 minutes.

A veterinary referral is required prior to initial consultation and a referral form can be downloaded from the BVSC website as well as physiotherapy information sheets.

To make a physiotherapy appointment, contact BVSC's friendly reception staff on **(07) 3264 9400**.

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