

SHOCKWAVE AT PRRT!

PRRT Physiotherapy department are now offering Shockwave therapy at our Maryfield Complex, Belfast! This treatment has been around for some time but the equipment is expensive and it is not widely available.

WHAT IS SHOCKWAVE THERAPY?

Shockwave therapy, also known as Extracorporeal Shock Wave Therapy (ESWT), is a clinically proven and highly effective treatment for chronic soft tissue injuries and certain bone conditions. It is a non-invasive treatment that involves creating a series of low energy acoustic wave pulsations that are directly applied to an injury through a person's skin. Its main assets are fast pain relief and mobility restoration.

HOW DOES IT WORK?

An extracorporeal shockwave is defined as a non-invasive, non-electrical high energy sound wave that passes through the body via a hand-held probe. The shock waves produce a rapid increase in blood circulation to the target area and will break down fibrous scar tissue which builds up over time, especially with chronic conditions. By increasing circulation and breaking down scar tissue, shockwave therapy will stimulate cell regeneration and promote normal healing and rapid reduction of pain. Normal function can then be restored.

DOES IT HURT?

The treatment can cause mild discomfort; however, it is delivered according to patient response. If a patient experiences higher

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pain levels the settings will be adjusted to reduce the discomfort. A mild ache may occur later that day but should pass within 24 hours.



How does it fit in with other treatments?

There are some tendon conditions that just don't seem to respond to traditional forms of treatment. Having the option of shockwave therapy allows physiotherapists another 'tool in their toolbox'. Shockwave therapy is most suited for people who have chronic (longer than six weeks) tendinopathies (commonly referred to as tendinitis) which haven't responded to other treatment. Shockwave therapy has been shown to effectively treat the following conditions:

- Feet - heel spurs, plantar fasciitis, achilles tendonitis
- Elbow – tennis and golfer's elbow
- Shoulder - calcific tendinosis of rotator cuff muscles
- Knee - patellar tendonitis

It is also important that you are educated about your condition and what you can do to maximise the benefit of the therapy; activity modification, specific exercises, and dealing

with any other contributing factors such as posture, tightness/weakness of other muscle groups etc.

HOW DO I GET THIS TREATMENT?

To request physiotherapy assessment please telephone our clinical administration team on 028 90427788. You will be assessed by the physiotherapist at your first visit to confirm that you are an appropriate candidate for shockwave therapy.

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PRRT is based at Maryfield, Holywood and provides psychology, physiotherapy, personal development and training to the retired police population. PSNI employees can access our healthcare services via referrals from PSNI occupational health. Serving officers can access personal development and training directly.

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