

## Shock waves help fight pain

# Hertz\* - Working Where The Pain Is



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**If you feel like you're walking on broken glass or can barely face a handshake in the mornings, a solution is at hand – the magic word is ESWT, short for Extracorporeal Shockwave Therapy. It relieves pain in muscles, tendons, synovial bursae and ligaments.**

### Long-term effect with a high success rate

Chiro Zentrum Zofingen has been using ESWT for three years and has treated hundreds of patients – without drugs and very safely. ESWT uses high-energy 21 Hertz acoustic waves. It boasts an 80 percent success rate. Athletes in particular appreciate the efficacy and healing speed of pressure waves for fighting pain. Treatment requires three to five sessions at an interval of one week. Pain is reduced by around 75 percent in most patients as a result of the commencement of tissue restructuring – but ESWT continues to work in the weeks that follow! The body itself heals the stimulated tissues and, by going easy on the injury and doing the right exercises, patients are soon once again pain-free and ready for action.

### Radial and focussed shock waves

We are the only ones in Switzerland to use radial and now also focussed shock waves to treat entire areas, not just individual points. The box below provides information on fields of application. If you are experiencing pain of this sort, contact your GP or contact us directly at: [www.chirozentrum.ch](http://www.chirozentrum.ch). Telephone 062 752 60 60.

Dr. René Lüchinger, chiropractor SCG/EUC

\*Hertz is the unit of frequency

## WHAT YOU NEED TO KNOW

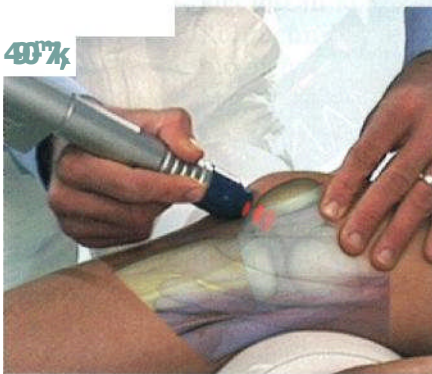


How do shock waves work?

- through the skin into the deep tissues, deeper than any other treatment
- promotes blood circulation and the formation of new blood vessels (capillaries)
- inhibits inflammation
- inhibits pain by modifying the substances which trigger pain
- destroys damaged tissue and allows the body to heal itself

When can shock waves help?

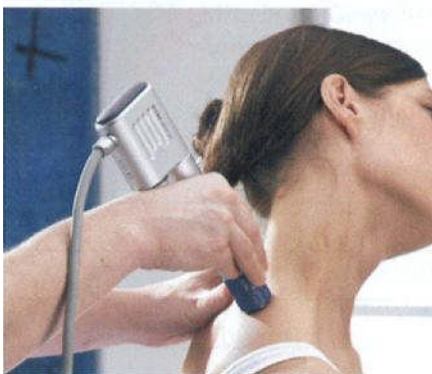
- heel and foot pain with or without heel spurs
- tennis and golf elbow
- shoulder pain with or without frozen shoulder, muscle pain, tension, trigger points
- hip pain from the synovial bursae
- tendon-related knee pain
- thumb joint pain
- inflammation of the Achilles tendon



ESWT treatment of the knee



ESWT treatment of the elbow



ESWT treatment of the shoulder



ESWT treatment of trigger points

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