



CHESHIRE FOOT CLINIC

PODIATRY



Shockwave Therapy for Plantar Fasciitis Information for patients

What is Plantar fasciitis?

The bottom of your foot has bands of tissue called the plantar fascia. Sometimes this tissue can become tight and irritated, causing intense pain under the heel and along the sole of the foot. This can be hard to resolve and become chronic and start to affect your everyday life.

What is Shockwave therapy?

Shockwave therapy, uses mechanical (instead of electrical) high energy sound waves, which pass through the skin to the affected area. This is still quite a new treatment and the exact way that it works is not fully understood. It is usually recommended when other treatment options have been unsuccessful. Each treatment takes around 10 minutes. A gel will be applied to your skin over the area to be treated, and the shockwave therapy will then be delivered through a handheld probe. When the therapy is happening, you will hear a tapping noise and are likely to feel a little discomfort.



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Why do I need [Shockwave Therapy](#)?

[Plantar fasciitis](#), usually responds well to treatments such as stretches, [orthotics](#), (shoe inserts), changes in activity and [exercise rehabilitation therapy](#). However, sometimes pain still continues. [Shockwave therapy](#), is one of the next treatment options available.

What are the benefits of shockwave therapy?

This treatment has been shown to increase blood circulation and activity in the cells in the treatment area, which in turns speeds up the body's own healing process. The nerves can also be overstimulated by the shockwave, which leads to reduced pain sensation.

How many sessions will I need?

You may need up to six sessions of shockwave therapy. After the first three sessions we will give you a break from treatment to allow healing. We will then review your progress three weeks later to see if your pain has resolved or improved. If there is still residual pain we can arrange for you to have up to an additional three sessions.

What are the side effects?

[Shockwave therapy](#), can be uncomfortable but has been proven to be a safe treatment. You should be able to continue your usual activities following shockwave treatment. We would suggest avoiding any strenuous exercises or impact, such as running, for the first 48 hours. However, it is important to continue with the exercises given to you by your podiatrist, such as stretching and wearing orthotics. You can wear your usual shoes after treatment.

If you think you would benefit from [Shockwave Therapy](#) or a [Biomechanical Assessment](#) Please click to [book an appointment](#).

If you want to know more about how we can help:

Call 01565 655840

Email: reception@cheshirefootclinic.com