



Finally, a quick and simple technology to win the fight against heel pain. Extracorporeal Shock Wave Therapy (ESWT) has proven results to help you get back to enjoying the activities you did before your heel pain.

RESULTS

Numerous independent studies have concluded ESWT to be a safe and effective management option for the treatment of chronic Plantar Fasciitis. A 2008 study of 251 patients by Gerdesmeyer concluded that:

- At the 12 week follow up 75% of all subjects described their treatment of heel pain with ESWT as successful*
- At the 1 year follow up 70% of all subjects described their treatment of heel pain with ESWT as successful.*

*Successful was defined as a minimum of 60% reduction of pain

Speak to your podiatrist today and **win the fight against heel pain!**

Contact us on
02 4933 6450



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Win the fight against heel pain!

Introducing a new stress free treatment for chronic heel pain



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A NEW CLINICALLY PROVEN OPTION TO WIN THE FIGHT AGAINST HEEL PAIN

Extracorporeal Shock Wave Therapy (ESWT) is the latest technology to treat chronic plantar fasciitis. It is a non-invasive treatment option used when the patient has failed to respond to traditional treatment options.

ESWT applies a high-energy acoustic pulse into the inflamed tissue of the affected area. This energy pulse results in increased metabolic activity around the inflamed tissue by stimulating the body's natural healing process, delivering a reduction in inflammation, accelerated healing and a reduction in pain.

WHAT IS HEEL PAIN?

Heel pain is the most common musculoskeletal condition that podiatrists treat. It is estimated that approximately 10 per cent of the population will suffer heel pain at some point in their lifetime.

Heel pain is a generic term used to describe a number of conditions that affect the heel. These conditions include Achilles tendinopathy, plantar fasciitis, heel spurs and severs disease. The most common condition being plantar fasciitis.

The plantar fascia is a strong band of connective tissue that runs from the sole of the heel to the ball of the foot. Its role in the foot is to provide structural integrity and strength to the arch of the foot. Overuse and degeneration of this ligament can result in micro-tearing of the ligament fibres and chronic inflammation which leads to pain. In severe or chronic cases this may be associated with a heel spur. Pain is usually felt during the first steps after rest or upon rising. It may also be associated with long periods of weight bearing or changes in activity.



WHAT CAN I EXPECT?

In most cases, 3 treatments placed a week apart will be required to successfully treat the majority of heel pain sufferers. A reduction in symptoms is often experienced after the first or second visit, however it is important to understand that the healing process continues for up to 6 weeks following the final treatment.

After signing an informed consent form, your podiatrist will locate the painful area, apply some contact gel and deliver up to 2000 shocks over a 3-4 minute period.

The treatment is associated with discomfort during the process, however associated risks and unwanted side effects during and following the treatment are very rare.

Contact us on **02 4933 6450** and speak to your podiatrist today about your suitability for ESWT



Locating the painful area



Marking the treatment area



Applying contact gel



Delivering the treatment

“ APPROXIMATELY
10 PER CENT ”
OF THE POPULATION WILL SUFFER HEEL PAIN