



## WASHINGTON UNIVERSITY ORTHOPEDICS

# Extracorporeal Shockwave Therapy (ESWT)

Extracorporeal shockwave therapy (ESWT) is a non-invasive treatment that stimulates the body's natural healing process by using sound/pressure waves. It can relieve pain and promote healing of injured tendons, ligaments and other soft tissues.

### What does ESWT treat?

ESWT is a modality used for the treatment of a variety of musculoskeletal conditions. It's primarily used for chronic conditions that affect medium to large-sized tendons and their insertions on bone such as:

- Plantar fasciitis
- Achilles tendonopathy
- Retrocalcaneal bursitis
- Lateral epicondylitis (tennis elbow)
- Medial epicondylitis (golfer's elbow)
- Calcific tendonitis (supraspinatus tendon, etc.)
- Patellar tendinosis (jumper's knee)
- Chronic stress/non-union fractures

### Why choose ESWT?

If you have ongoing pain related to an injury and are looking for an effective nonsurgical treatment to relieve your symptoms, shockwave therapy may be an option to explore. Washington University requires payment in full prior to procedure. Please consult with your provider on obtaining a cost estimate of services.

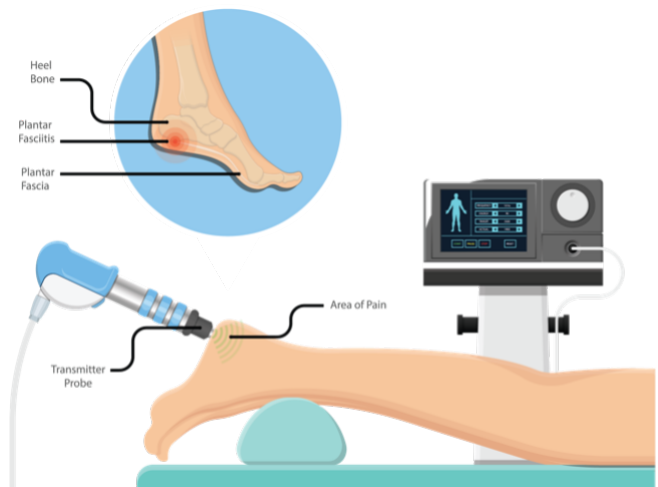
### What does ESWT involve?

ESWT is performed on an outpatient basis. A single treatment typically takes 15 to 20 minutes. Depending on the injury, a patient usually receives three to five treatments over several weeks.

### Does insurance cover or reimburse for ESWT?

Insurance coverage for ESWT varies. Some insurance plans cover it, while others may not. It's important to check with your insurance provider before your appointment to understand your coverage.

For ESWT insurance reimbursement, the patient will pay for the procedure upfront, then submit a claim to their insurance company to seek reimbursement for covered expenses. The insurance company will review the claim and reimburse the patient according to the terms of their policy.



**Scan the QR code to watch a detailed video on ESWT therapy.**



### How successful is the treatment?

Statistics vary based on the condition being treated, but the success rate is anywhere from 60-90%.

### Who is this NOT recommended for?

Please notify your provider prior to treatment if any of these conditions apply to you:

- If you are pregnant or trying to conceive
- If you take anti-coagulants such as Warfarin
- If you are under 18 years of age
- Cardiac pacemaker
- Malignant tumors
- Nerve or conduction disorders
- Infections

### Getting ready for the procedure

- Avoid taking anti-inflammatory medications for two weeks before your treatment.
- Eat a light meal before coming in for your procedure to avoid feeling lightheaded.
- Wear comfortable clothing that allows easy access to the area being treated.

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### After the procedure

It's important to follow these aftercare guidelines closely to ensure proper healing and minimize complications.

- **Rest the treated area:** This helps the body recover and reduces the risk of strain or injury to the treated area. Avoid activities that could put stress on the area for the next 48 hours.
- **Pain management:** If you experience discomfort, it's okay to take over-the-counter pain relievers as directed. However, be cautious with anti-inflammatory medications (like ibuprofen or aspirin) unless your doctor specifically advises them. Some procedures may require avoiding anti-inflammatories to prevent interference with the healing process.
- **Follow specific instructions:** Your healthcare provider may have tailored instructions based on your procedure and individual health needs. These could include wound care, dietary restrictions, or activity limitations beyond the initial 48 hours.

If you have any concerns or questions about your recovery, don't hesitate to reach out to your healthcare provider for clarification. Following these guidelines diligently can contribute significantly to a smooth recovery process.

### Recovering from ESWT

Recovery times can vary. Some patients feel immediate relief, while others may notice improvement over weeks or months. It's important to follow your healthcare provider's instructions and attend any follow-up appointments to monitor your progress.

By following these guidelines and staying proactive in your recovery, you can help optimize your healing process and achieve the best possible outcomes from your procedure.

### Contact Us

If you have any questions about shockwave therapy or need further information about your upcoming procedure, please contact our office at **(314) 514-3500**.