



The Perth Radiological Clinic Difference

- > a network of conveniently located community and hospital based locations
- > caring, helpful and professional staff
- > state-of-the-art diagnostic equipment
- > over 60 specialist radiologists, trained to provide you with accurate and reliable results
- > world class digital networking between clinics provides the benefits of second opinions from specialist radiologists, no matter which clinic you attend.

An appointment has been made for you

Clinic

Address

Phone

Time

Date



Leaders In Medical Imaging
www.perthradclinic.com.au

A GUIDE FOR PATIENTS

EXTRACORPOREAL SHOCK WAVE THERAPY (ESWT)

For information regarding your appointment,
please see the back of this leaflet.

You can now request an appointment online via our website and our staff will call you back to confirm your appointment, please visit our website:

www.perthradclinic.com.au

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What is ESWT?

The full name is Ultrasound guided Extracorporeal Shock Wave Therapy (ESWT). This has been used in Germany since the early 1990's. ESWT is a non-invasive alternative to conventional conservative methods and surgery for the treatment of these painful conditions.

Extracorporeal Shock Wave Therapy (ESWT) is available in Western Australia at Perth Radiological Clinic.

It is used for the treatment of:

- > Plantar Fasciitis (Painful Heel)
- > Achilles Tendinopathy
- > Patellar Tendinopathy (Jumpers Knee)
- > Lateral Epicondylitis (Tennis Elbow)
- > Medial Epicondylitis (Golfers Elbow)
- > Calcific Tendinitis of the shoulder

What are the advantages of ESWT?

- > It is non-invasive
- > You can go home immediately after completion of this treatment
- > No anesthetic is required
- > Treatment is brief

About the examination

Generally three treatments, at weekly intervals, are required. The first appointment may take an hour to allow the operator to explain the full procedure; subsequent appointments will only take 30 minutes.

The treatment is very simple. The part of the body to be treated is placed against the head of the machine.

The head has a soft rubber pillow on the top of it. Then an energy wave is sent to that same area. The wave of energy is felt as a pulse.



ESWT information

Following treatment you may sometimes experience worsening of the symptoms and pain relief may be required, i.e. Paracetamol. If you are taking anti-inflammatories you may wish to ask your doctor if it is possible to stop using them during the treatment. This will allow you to access the true benefits of the ESWT treatment. At very high energy levels slight bruising may occur.

If any of the following apply to you please contact us:

- > Bleeding Disorders
- > Pregnancy
- > Children with unfused epiphyses
- > Cardiac Pacemakers
- > Local infections or malignancies

Is ESWT treatment suitable for me?

If you have symptoms including pain, and an abnormality has been shown on an ultrasound scan, this treatment should be suitable.

Do I need a doctor's referral?

Yes. A doctor's referral is required for your initial diagnostic ultrasound scan. This scan will determine if this type of therapy is appropriate for your problem. This does not form part of the ESWT and is billed separately.

If you then decide to proceed with the ESWT treatment a further referral is not required.

What does it cost?

The majority of the fee for the initial diagnostic ultrasound scan is covered by Medicare. ESWT is currently not covered under Medicare or Private Health Funds. Workers Compensation cases are dealt with on an individual basis.

Please bring any previous imaging with you on the day of your examination. If you have any questions please don't hesitate to ask us!