



## What is extracorporeal shockwave therapy?

Shockwave therapy (ESWT) was initially used for the fragmentation of kidney stones. Since the 1990s, the therapy has also been applied to chronic musculoskeletal conditions.

Shockwaves can be generated in various ways. There are multiple types and brands of machines on the market, with different levels of energy. Depending on the device, there is a difference in the number of sessions and shocks. We work with a high-energy electrohydraulic system.

It is a non-invasive, safe treatment.

## When is ESWT used?

Shockwave therapy is used for chronic tendon disorders (with or without calcification) that could not be resolved with medication, injections, physiotherapy, devices, or orthotics.

The most common indications are chronic tendon inflammations around the shoulder, elbow, or hip, plantar fasciitis, knee issues, and Achilles tendon problems.

## How does ESWT work?

The therapy provides pain relief, breaks down calcifications, and stimulates the healing of tendon tissue. The shockwaves increase blood flow to the tendon attachment on the bone. Therefore, the results can only be definitively assessed after 3 to 4 months.

In the aforementioned indications, a good result is achieved in approximately 60% of cases (based on published scientific literature). If the result is unsatisfactory, surgical intervention remains an option.

## Contraindications and side effects

There are several contraindications: coagulation disorders, use of blood thinners, epilepsy, pregnancy, tumors, infections, cardiac arrhythmias, pacemakers, local corticosteroid injections at the treatment site within 6 weeks prior to ESWT.

Apart from temporary increased pain and minor bleeding, few side effects are reported. These side effects usually disappear within a few days following the treatment. If necessary, we recommend local ice application for 20 minutes, twice daily, and taking a pain reliever such as paracetamol.

## Procedure

The procedure is performed by a doctor. After proper positioning on the examination table, the correct location for administering the shocks is determined using ultrasound and laser guidance.

With our device, we perform 1 to several sessions depending on the pathology, each consisting of approximately 1,500 shockwaves. Each session lasts about 15 minutes. The number of treatment sessions is in accordance with international guidelines. There is a two-week interval between each session.

No anesthesia is administered.

Approximately 12 weeks after the last ESWT treatment, we recommend a follow-up ultrasound examination with outpatient monitoring.

## Practical information

- ▲ The ESWT treatments are done at the outpatient clinic, not as day admissions.
- ▲ You are allowed to drive after the treatment.
- ▲ We advise limiting the use of anti-inflammatory medication during the first weeks after the treatment for optimal effect. We recommend taking it easy in the first few days after the treatment and avoiding intense exercise or movement to prevent overloading the treated limb. You can resume all activities after a few days.
- ▲ A fee of 77.7 euros is charged per treatment session to cover the rental cost of the device (this amount is fully borne by the patient). Each session incurs a consultation and an ultrasound fee, partially reimbursed by your health insurance. Some health insurance funds provide limited reimbursement for shockwave treatment.

Estimated costs borne by the health insurance/patient per session:

Procedure code	Description	Borne by health insurance*	Borne by patient*
101290	Consultation (35,08 euros)	23,08 euros	12 euros
469534	Ultrasound (31,94 euros)	29,46 euros	2,48 euros
099831	Extracorporeal shockwave therapy treatment	0 euros	86,54 euros
Total		<b>52,54 euros</b>	<b>101,02 euros</b>

\*Prices subject to indexation increases.