

RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

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Radial Shockwave Therapy:

This procedure uses sound waves to cause damage to tissues that are already damaged in order to stimulate the body to heal the area that has pain. This recruits the body's natural healing mechanisms to do what they should have done in the first place which is to heal the injury. The procedure takes about 5 minutes once a week for up to 5 weeks. This procedure is not covered by insurance. It takes about 3 months to work completely as your body grows new blood vessels to heal the damage. We are applying this energy to cause inflammation to "trick" your body into healing the damage. This is a natural way to heal deformities of the lower extremity as there are no side effects or down time. It is noninvasive in that the energy goes through your skin without leaving any marks and creates inflammation in the damaged tissue which causes your body to heal on its own. During this time, you can take Tylenol or curcumin but no anti-inflammatory medications. You can perform your normal daily and exercise routines right after treatment in most cases. We encourage no icing or NSAID medication as this can cause decreased effectiveness of the procedure. We see greater than 80% success and have been using Shockwave for over 20 years.

Radial Shockwave Therapy

EnPuls Action is a shockwave generated electromagnetically. The applicator produces kinetic energy that transfers the energy to the treatment area in the form of a pulse. This is the type of system we use at the Reconstructive Foot & Ankle Institute, LLC and is the best for relieving pain in the lower limb.

Benefits of this system include less pain by producing a slower rise in the peak energy which is less painful for the patient, more durable and less maintenance than air compressor systems.

What do radial waves look like? Think of an ice cream cone, the waves come from the point of the cone and go to the top of the ice cream and go out that way.

No nerve blocks or anesthesia required, it is quick at 5 minutes, no downtime and no negative side effects.

Therapeutic Effect of Radial Shockwave Therapy

- Creates microtrauma/inflammatory response
- Stimulates the expression of angiogenic growth factors
- Stimulates the ingrown of neovascularization
- Increase blood supply
- Promotes tissue repair
- Pro inflammatory healing treatment
- Studies show 75-80% effective

1.2024

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