

Frequently Asked Questions

What are the differences between ESWT and ERWT?

With *ESWT*, the maximum energy is applied at the focal point. The high-energy shock wave treatments are given in a single session and usually require some type of anesthesia.

With *ERWT*, the maximum energy is applied on the surface of the skin and the energy dissipates from there. Low-energy shock wave sessions are given as a series; three or more are generally required.

Is it normal that I develop pain during or after the therapy?

The low-energy shock waves are generally not painful. *ERWT* is a mechanical stress, and during the session you may experience some discomfort depending on your tolerance range. You may also experience some discomfort few hours after the therapy session.

How long will the treatment last?

ERWT generates reactive processes at a cellular level. The cells require time for these reactions after treatment. It is important to adhere to the intervals between the sessions and resting afterwards allowing the structure to adjust; remember that it is a gradual process.

Can I exercise during a shock wave treatment series?

Pay careful attention to the affected area so that no new injuries occur due to the force loads. Do not participate in any stressful activity involving the affected area for the first few weeks. You should slowly resume to your normal activity level, as tolerated.



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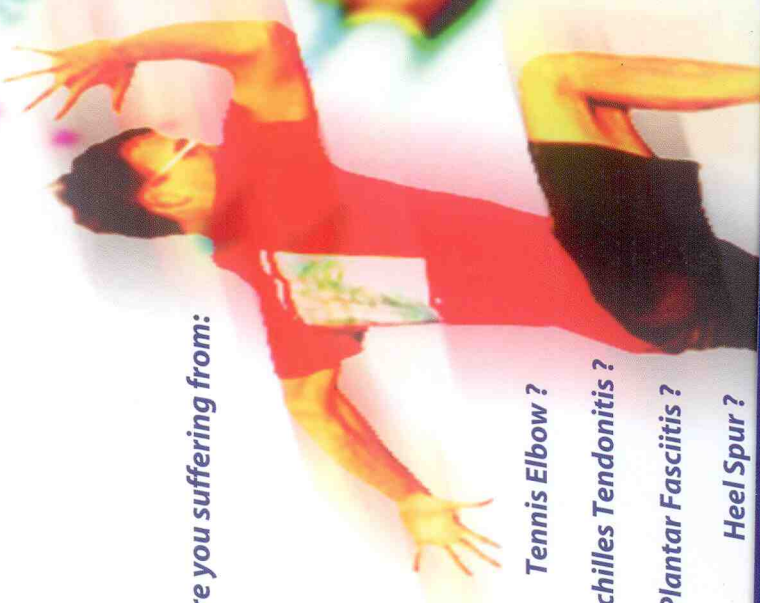
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