



The Perth Radiological Clinic Difference

- > 19 convenient 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 imaging networking between clinics provides the benefit of second opinions from specialist radiologists, no matter which of our clinics you attend.

For more information about any of our products or services, please visit our website:

www.perthradclinic.com.au

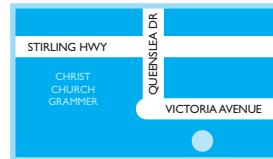
An appointment has been made for you

Location _____

Time _____

Date _____

ESTW Location Guide



Bethesda Hospital

25 Queenslea Drive, Claremont

Ph: 9286 0400

Fax: 9286 0430

Mon - Fri: 8.30am - 5.00pm

PRC2157



A GUIDE FOR PATIENTS

EXTRACORPOREAL SHOCK WAVE THERAPY (ESWT)

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



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What is a 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

Will ESWT treat you?

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

How to get ESWT done

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 X-rays with you on the day of your examination. If you have any questions please do not hesitate to ask us!