

IS SHOCKWAVE TREATMENT FOR YOU?

About EPAT® For our Patients

If you have acute or chronic heel pain (planter fasciitis/fasciosis), Achilles tendonitis/tendonosis, shin splints or calf strain, this treatment has the potential to fast track your recovery without any medications or invasive treatment.

WHAT IS IT



EPAT is a technological innovation setting a new standard in the treatment of acute and chronic musculoskeletal disorders. The technology is based on unique sets of pressure waves that trigger the body's own repair mechanisms to initiate natural healing. It fast tracks the healing process.

HOW DOES IT WORK

EPAT is Extracorporeal Pulse Activation Treatment. Treatment is done through acoustic pressure waves (also called shock waves) to illicit a healing response. The pressure waves are directed at the area of pain using a device similar to that currently used in the non surgical treatment of kidney stones (lithotripsy). The effect of the treatment stimulates healing by



increasing blood flow, increasing cellular metabolism, increasing cellular growth factors and breaking down scar tissue. It is a non-invasive procedure that is done on a weekly basis for 3 to 6 weeks. It is a very safe treatment with limited side effects. Contraindications: You are not a candidate if you are pregnant or have vascular disease requiring the use of Coumadin or similar blood thinner. (*con't...*)

PROCEDURE:

The brief procedure utilizes low energy shock waves. Unlike the traditional high energy shock waves, this method does not require local anesthesia or twilight anesthesia. It is done in the comfort of our office. The sound waves are directed at and penetrate the heel area or involved tendon to stimulate a healing response by the body. No medications are used.



RESULTS

Most patients have little discomfort after the treatment and can resume their normal activities the next day. Maximal results are seen 4-6 weeks after the final treatment. Stretching is a necessity during treatment as well as orthotic devices. Patients should not take anti inflammatory medications during the treatment period through 4 weeks after the last treatment. EPAT is FDA approved and a very effective way of treating patients without the risk of surgery.

Ask Dr. Robinson if shockwave therapy is for you!

Call our office today at (408) 370-3338 to make an appointment