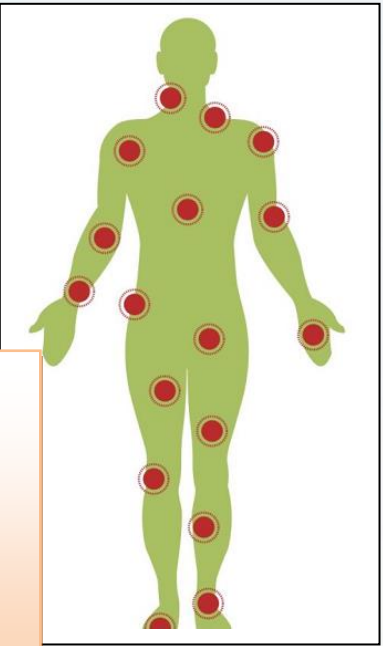


Your First Step to Recovery: Expert Care with First Contact Physiotherapists

Shockwave Therapy in Primary Care

Introducing shockwave therapy in primary care aims to significantly reduce the current long waiting times of up to 18 months by providing timely access to treatment without the need for orthopedic referral. This early intervention can lead to improved patient outcomes and reduced burden on secondary care services.



Side Effects, Contradictions and Importance of FCP

Side effects of SWT: May include mild pain, swelling, bruising, tingling, or skin irritation; rare but serious risks include tendon rupture, nerve damage, and stress fractures.

Contraindications: SWT is unsuitable for pregnancy, blood clotting disorders (e.g. thrombosis), use of oral anticoagulants, recent steroid injections (within 6 weeks), pacemakers, tumours at the treatment site, infections or skin abrasions, patients under 18 (except for Osgood-Schlatter disease), and treatments over air-filled areas (lungs or intestines).

Role of FCPs: Ensure safe delivery by screening patients, identifying risks, managing side effects, and intervening early to optimise outcomes.

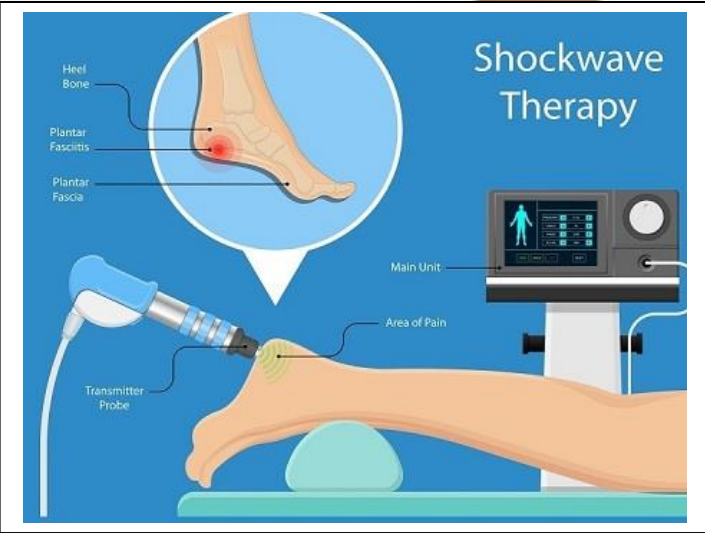
First Contact Physiotherapists (FCPs) Assistance

- FCPs will assess your musculoskeletal issues. They will listen to your concerns, diagnose the problem, and explain what to expect.

After collecting your concerns FCPs will create personalised treatment plans and, when needed, coordinate with other specialists for advanced care like Shockwave Therapy (SWT).

Multidisciplinary Team Approach

- FCPs work with podiatrists and orthopaedic experts to ensure comprehensive care, leading to effective and improved patient outcomes.



What is Shockwave Therapy (SWT)?

- SWT is a non-invasive treatment modality that utilizes acoustic waves to stimulate healing in musculoskeletal tissues.

How it Works?

- **Enhances Blood Flow:** Stimulates circulation, promoting tissue repair.
- **Reduces Inflammation:** Alleviates pain and swelling.
- **Breaks Down Calcifications:** Targets and reduces calcium deposits.
- **Stimulates Collagen Production:** Encourages tissue regeneration.

What to Expect?

- **Assessment:** A healthcare provider carefully evaluates if SWT is right for you
- **Preparation:** You may be asked to remove footwear; a gel is applied to the area
- **Treatment:** A handheld device delivers gentle shockwaves to target the pain
- **Aftercare:** Most people return to normal activities the next day, though heavy exercise might be limited briefly.

Treatment Duration

Most patients require 3–6 sessions, typically spaced one week apart. Each session lasts about 15–20 minutes. Recovery time varies, but many begin to feel improvement within a few weeks.

Efficacy of Shockwave Therapy

- ✚ **Pain Reduction:** Studies have shown that SWT can effectively reduce pain and improve function in patients with chronic issues.
- ✚ **Improved Function:** Patients may experience improved mobility and ability to perform daily activities.
- ✚ **Long-Term Results:** Improvement may continue for several weeks or even months after treatment.

Patient Testimonials

“After just 3 sessions, my morning heel pain was completely gone. I’m back to running!”
— Sarah, Marathon Runner

“I had tried everything. Shockwave Therapy helped when nothing else worked.”
— John, Construction Worker