Rappahannock Foot & Ankle Specialists
PODIATRISTS - SURGEONS
Restoring Active Fulfilling Lives One Foot At A Time

ESWT Informed Consent

What Is Extracorporeal Radial Shockwave Therapy? Extracorporeal Shockwave Therapy is a series of high-energy percussions to the affected area. The shockwave is a physical sound wave "shock," not an electric one.

How Does It Work? Treatment produces an inflammatory response. The body responds by increasing metabolic activity around the site of pain. This stimulate and accelerates the healing process (promotes the remodeling of dysfunctional collagenous tissues, such as tendinopathies, trigger points, muscle strains, etc.).

Shockwaves break down scar tissue and/or calcification.

Transmission of pain is diminished through neurological mechanisms (inhibition of pain receptors).

What Are the Benefits of Shockwave Treatment? This therapy stimulates the body's natural self-healing process. There is actually an immediate reduction of pain and improved range of motion.

How Long Does It Last? Approximately 2000 shocks are administered per treatment area (the duration of which approximately 13 minutes). Some patients and/or conditions require more shocks and duration, depending on severity and chronicity (how long the condition or injury has existed).

How Many Treatments Will I Need? Normally 5-6 treatments are necessary at weekly intervals. There is a possibility that more additional treatments may be necessary.

Does The Treatment Hurt? It is a short treatment, that may be uncomfortable. However, most people are able to tolerate it. However, if you cannot tolerate it, adjustments on the machine can decrease the pressure you feel.

What Should I Do to Prepare for Treatments? **DO NOT** take anti-inflammatory medications (Aspirin, Advil, Aleve, Ibuprofen, Motrin) 24-48 hours before your first appointment. DO NOT take any of these anti-inflammatories for the duration of your treatment until 48 hours after your final treatment.

What Should I Do If I Am in Pain After the Treatment? The shockwave will trigger an inflammatory response, which is the body's natural process of healing. For this reason, **DO NOT** use anti-inflammatory medications (Aspirin, Advil, Aleve, Ibuprofen, Motrin) until 48 hours after your final treatment. The pain should subside within 24 hours. **Tylenol** is ok to take if required.

What If I Feel Fine After the Treatment? Even if you feel fine, we recommend decreasing activity for 48 hours following the treatment.

What Is the Success Rate of This Kind of Treatment? A successful treatment is considered as a patient having at least 75% reductions in pain within 3 months. Worldwide, success rates are around 80-90%. However, no guarantees can be given for any specific outcome.

What If It Doesn't Work for Me? Although the short-term effects alone are exceptional, the long-term benefits of this treatment may take up to 3-4 months. If after this time there has not been any marked improvement, you should see your doctor for further treatment options.

Are there contraindications and/or precautions?

Contraindications Include:

Tumor Diseases, Carcinoma, Cancer Patients - No Treatment on the Specific Area
Pregnancy - No Treatment on Specific Area
Acute Inflammations/Puts Focus in the Target Area
Children In Growth

Side Effects Include: (These Side Effects Is Generally Abate After 5-10 Days)

Swelling, Reddening, Hematomas, Petechiae, Bruising, Pain

Why Am I Asked to Sign a Consent Form? Pain can increase temporarily. Bruising and/or swelling are also possible. We want you to be informed of all aspects. By signing below, you acknowledge that you understand and accept the risks, benefits and costs of shockwave therapy and consent to having this therapy administered.

Treatment Costs?

$_____ per treatment. **This service is not billable to insurance.** You may be able to be reimbursed from your FSA/HSA.

NAME: _____ **Acct #:** _____

SIGNATURE: _____ **Date:** _____

Treatments	Date	Client Initial