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Welcome to the official

Newsletter

Issue 1 July 2017



Refer a friend during
July and August and
receive 10% off a
treatment.

Swansea Physiotherapy Newsletter!

Six times a year, we aim to bring you sports and rehabilitation news. Visit our website and sign up to our mailing list today.

About us...

Since opening in February, our new Rehabilitation, Strength and Conditioning Clinic in SA3 has been a great success! We have a great team of professionals and between us, offer a comprehensive range of assessment and therapeutic services. We pride ourselves in providing the best diagnosis and treatment for a wide variety of sports and musculoskeletal injuries.



"I was very pleased with the treatment my daughter received at Swansea Physiotherapy. I have used Chris and Co several times over the past five years and would definitely recommend"

Helen Price

To ensure the best possible service, our team of professionals continually seek new and innovative ways to become more responsive to their clients needs and trial and embrace new techniques. As such, we are very excited to announce that our Physiotherapists are now offering the latest treatment for soft tissue injuries – **Radial Shockwave Therapy!**



Radial Shockwave Therapy

What is Radial Shockwave Therapy (RSWT)?

RSWT is a procedure where shock waves are passed through the skin to the injured part of the body being treated, using our *Swiss Dolorclast® Shockwave Unit*. The shockwaves are mechanical and not electric. They are audible, low energy sound waves, which work by increasing blood flow to the injured area. This initiates an inflammation-like response in the injured tissue, accelerating the body's healing process by increasing cell generation and dissolving calcium deposits.

How successful is Radial Shockwave Therapy?

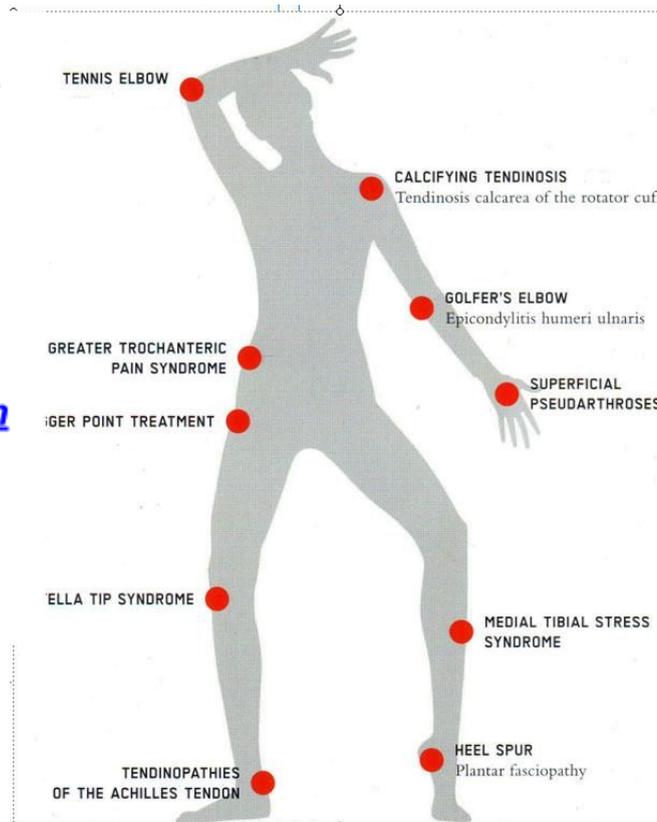
After only 3 or 4 treatments with shock wave, over 80% of patients report a reduction of pain and regaining of normal function.

Research is steadily growing for this cutting edge technology, and the latest reports are bony conditions like heel spurs.

When investing in advanced technology like Shockwave Therapy, it is important to ensure the accuracy and reliability of the equipment, as well having the backing of evidenced based research. Swiss Dolorcast Shockwave Unit are well known for their high standards of medical equipment and are leaders in the field of Shockwave Therapy.

The combination of shockwave therapy and a structured strength and conditioning tendon re-loading rehab programme with our highly experienced physiotherapists is recommended to give increased treatment benefits. You will usually require a course 3-6 treatments, at weekly intervals.

What can Radial Shockwave Therapy be used to treat?



- Tennis Elbow
- Golfers Elbow
- Plantar Fasciitis
- Achilles Tendinopathy
- Patella (Knee) Tendinopathy
- Trochanteric (Hip) pain syndromme

For further information about this revolutionary treatment, please email

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