

SHOCKWAVE THERAPY

WHAT IS SHOCKWAVE THERAPY?

Shockwave therapy is a non-invasive procedure that can stimulate a healing process. It is often used to treat soft tissue conditions but can sometimes be used to promote healing in bone and other structures too. It helps reduce pain, improve mobility, and repair injured tissue—especially when other treatments haven't worked.



CONDITIONS WE COMMONLY TREAT:

- Plantar fasciitis (heel pain)
- Achilles tendinopathy
- Posterior tibial tendinopathy
- Tennis elbow / Golfer's elbow
- Patellar tendinopathy (jumper's knee)
- Hamstring tendon pain
- Shin splints



WHAT TO EXPECT

- 15 minute in-clinic sessions
- 3–5 treatments over several weeks
- It will provide a degree of tolerable discomfort, but should not be unbearable
- No needles, no medication, no downtime



HOW EFFECTIVE IS IT?

Many people notice improvement within the first 48 hours, though some discomfort may return temporarily. Most cases respond well to three sessions over three weeks, especially when combined with other treatments like orthotics, strengthening, or stretching. When effective, results are often long-lasting.



HOW TO BOOK

Shockwave Therapy appointments cannot be booked online. To get started:

01

Speak with your
physiotherapist or podiatrist

02

Contact our reception
team on (03) 9596 9110
to schedule your session

IS IT RIGHT FOR ME?

Shockwave Therapy can improve the value of other treatment approaches. Your physiotherapist or podiatrist will assess your condition to determine if it's appropriate for you.



Ask your practitioner today if Shockwave Therapy is the right step in your recovery.