

TRANSCRIPT OF MEDIA- Shockwave therapy offers a non-surgical path to recovery for soft tissue injuries

Shockwave patient, attorney from Bloomington-Normal, Illinois who did not want to be named for privacy reasons

The years of running through the pain did damage for this patient who tried Shockwave treatment.

"It's really created a lot of scar tissue for me. So, nothing else worked. They did blading and a number of different PT [physical therapy] approaches with me and they weren't making any meaningful progress for me, but the Shockwave completely worked," she says with a smile. (:18)

She says the treatment has been like magic for her.

"It took me from not being able to enjoy being out and about and walking and doing all of the things that one does physically during the day without pain. With this treatment, I am able to enjoy all of that and be pain free, so it's really been a remarkable avenue of treatment for me." (:24)

Treatments are a little uncomfortable as sound waves are sent into the damaged tissue.

"They're getting thousands of those in [sound waves] in a treatment in a few minutes. And, it goes very quickly. And it's moving all around and when you get to the second level, which is the superficial level, it feels a little bit more intense," she describes.

"There is some discomfort at some points but all very tolerable and absolutely worth it." (:23)

Patients need to balance activity with recovery and follow medical advice after treatments.

"I usually feel so good that I immediately want to go out and do a fast walk or bike, and I would say that following the directions and really trying to not do that for 24 to 48 hours does help the end results. It's just hard because you're feeling better," she shares. (:21)

Dr. Bryce Paschold, DPM, foot and ankle surgeon for OSF Orthopedics/Ortho Midwest

Dr. Paschold explains the treatment creates controlled stress in damaged tissue, encouraging increased blood flow and tissue regeneration.

"Basically, what it's doing is it's kind of creating this new external stimulus, really causing this internal response by the body, so it's helped the body's healing itself," Paschold explains. "It's an all-natural way of doing things. (:16)

Dr. Paschold says people can resume normal activities immediately after treatment.

"We treat Illinois Wesleyan and Illinois State athletes and high school athletes around. We're doing this a lot on them because it's just a great tool that is safe, and they can go right back to practice and play." (:14)