

## Our Service Area

### North Carolina

Asheboro  
Burlington  
Cary  
Charlotte  
Clayton  
Durham  
Eden  
Gastonia  
Greensboro  
Greenville  
Hickory  
High Point  
Huntersville  
Lenoir  
Madison  
Matthews  
Monroe  
Mooresville  
Morehead City  
Raleigh  
Reidsville  
Rocky Mount  
Shelby  
Thomasville  
Winston-Salem

### Virginia

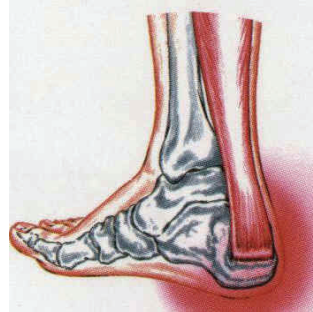
Danville  
Martinsville

[www.shockwavespecialists.com](http://www.shockwavespecialists.com)

## Financial Arrangements

Shockwave for Achilles Tendinopathy is currently not FDA approved. As a result, the procedure is not being covered by insurance companies. Your podiatrist and Shockwave Specialists are committed to providing you with the highest quality of non invasive care.

Compared to open surgery there is a substantially shorter recovery time. In most cases, patients are able to return to work within days instead of weeks.



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**Shockwave**  
**Specialists** of the Carolinas, LLC



*Patient Guide to  
Treatment of Achilles  
Tendinopathy*

# WELCOME

Thank you for selecting Shockwave Specialists of the Carolinas. We welcome you as our patient and our guest. Your comfort and satisfaction, as well as, your swift recovery are our primary concerns.

Your procedure will be performed in a safe and comfortable environment, and our trained staff will provide skilled personal care in making your experience as comfortable and pleasant as possible.

Thanks to the marvelous technology of ESWT and our ultrasound guided equipment, your treatment, as well as recovery, will only take a short time.

## What is Achilles Tendonitis

Achilles tendonitis is a condition that affects the posterior portion of the lower leg and heel. The Achilles tendon connected the two major calf muscles to the heel bone. The role of the Achilles tendon is to supply the lower leg with the force required during the push off phase of the individual gait.

Some of the symptoms of Achilles tendonitis include:

- Pain during exercise
- Heel pain and stiffness
- Soreness and stiffness in the Achilles region in the morning, which may wear off after some movement.

## What is Shockwave ?

Shock wave therapy was originally developed by Dornier MedTech to break up kidney stones. The therapy was approved by the FDA in the early 1980's and today is a standard treatment of choice for urinary stones. The same technology is used in a smaller shock wave unit for treatment of plantar fasciitis (heel pain).

The treatment for Achilles Tendinopathy has not yet been approved by the FDA.

An important benefit of this treatment, is that it is delivered outside the body (extracorporeal), so many of the risks associated with surgery are eliminated. The shock waves actually stimulate or trigger your body's own repair mechanisms. Doctors around the world, especially in Europe, have successfully used this same shock wave technology since the early 1990's.

## What Happens During the Treatment?

Before the therapy begins, you'll be asked to identify the area of your heel with the most pain, which the physician will note. An ultrasound image of your foot will be taken as well. Your heel will then be numbed, and you'll be positioned on the exam table on your side. A gel will then be applied to your foot and the therapy head.

The therapy head (which houses the shockwave source) will then be placed against your foot. Using a hand-held controller, your doctor will release the shock waves with the push of a button .

## Who is eligible for this treatment?

Patients who have had symptoms for 6 months and who also have failed to respond to conservative treatments prescribed by their physician.

## What are the Benefits And Risks involved?

Shock wave is a effective alternative to surgery. Shock wave therapy relieves pain and provides a shorter recovery period with less risk than traditional surgery.

There are very few side effects or risks involved with shock wave therapy. The most common patient complaint during therapy is some pain or discomfort during and after the treatment. Other side effects might include minor skin bruising and/or reddening, as well as, swelling for a brief period of time.

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