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Revolutionary Medicine – Shockwave Therapy for Chronic Pain Sufferers

By C. Bailey Lloyd/Lady Camelot

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by C. Bailey-Lloyd

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Stripped from the scenes from science fiction novels and films, shockwave therapy is a new age alternative to chronic pain sufferers. Utilized not only on humans for over 25 years for urologic and orthopedic conditions, shockwave therapy has even been introduced to veterinary and equine medicine as well. Helping individuals suffering from a range of conditions, including: golf or tennis elbow, stiff shoulders, calcaneal spurs, joint calcification, chronic tendon pain, and many other musculoskeletal disorders; shockwave therapy could possibly be the answer to help and healing.

To learn about Shockwave Therapy, I contacted Ms. LuJean Smith (Public Relations' Director) of Siemens Medical Solutions. In an informal interview, I asked Ms. Smith a few questions about this revolutionary therapy and how it aids patients with healing:

[C. Bailey-Lloyd]: "Could you please tell me who developed and first began utilizing shockwave therapy?"

[L. Smith]: "German aerospace engineers realized the concept caused pitting or cavitation on aircraft parts. The first use of the technology for health care was for kidney stones in the 1970s."

(*Through further research, I discovered that 98% of all kidney stones are treated with shockwave therapy, also known as lithotripsy.)

Ms. Smith explained exactly how shockwave therapy works:

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"A shockwave is created by an intense change in pressure just as you experience with the sonic boom of an aircraft or the force you feel after a bolt of lightning. The shock wave is an acoustic wave with a quick rise in maximum pressure and a frequency spectrum ranging from audible to the far end of the ultrasonic scale.

Extracorporeal Shock waves used in medicine today are created as a result of electromagnetic, piezoelectric, or electro hydraulic generation.

Sonucur utilized an electromagnetic system that consists of an electromagnetic coil and opposing metal membrane. A high current impulse is released through the coil to create a strong magnetic field which causes a current in the opposing metal membrane. This current rapidly accelerates the membrane away from the coil producing an acoustic impulse in the surrounding water.

The acoustic impulse is focused by an acoustic lens to direct the shock wave energy to the target

tissue. The acoustic lens controls the focus size and the amount of energy produced at the targeted tissue. The mechanisms for healing are not fully understood..."

Additionally, Ms. Smith expressed valuable insight regarding scientific evaluation supporting shockwave therapy. According to scientific studies, shockwave increases vascularization in treatment regions (based on MRI results). Furthermore, shockwave impact reduces pain from nerves as confirmed through lab test results on isolated nerve cells. And, consistent with Gate–Control theory (Gate–Control theory predicts that massaging a particular area stimulates large diameter nerve fibres; whereby pain relief is achieved.), shockwave eradicated chronic pain memory via over–stimulation.

Siemen's Sonocur Basic system has an articulating head that is placed directly onto the area of treatment, where adjustments are fine–tuned to the specific therapeutic focus. Once adjusted, preset pulses (shockwaves) are administered at low–energy levels; thus permitting anesthesia–free therapy.

When asked how long treatment lasts, Ms. Smith relayed that treatments generally last 15–30 minutes and is standardly administered over a course of three (3) treatments.

[C. Bailey–Lloyd]: "How long has this treatment been in use and how successful is it?"

[L. Smith]: "The treatments have been used in Europe since the early 1990s. Clinical Treatments in the US started in 2000 with full approval for Sonocur in 2002. Success rates vary due to physician, experience and patient conditions. Studies have shown patients with complete recovery, patients with partial recovery, and patients with little or no recovery. But in general, 65% – 70% of patients the results have been quite favorable."

[C. Bailey–Lloyd]: "How effective is shockwave therapy as opposed to other conventional treatments?"

[L. Smith]: "Normal treatments for various tendonopathies include steroid injections, physical therapy, various orthopedic support devices and in chronic conditions, even surgery. Study data shows some chronic patients have responded to none of the aforementioned treatments and have shown complete recovery with ESWL treatments. (ESWL therapy is recommended for patients that have a history of at least 6 months pain and unfavorable results with at least 3 of the conventional treatments.)"

[C. Bailey–Lloyd]: "Are there any side effects to this treatment? Please Explain."

[L. Smith]: "The 2 most common side effects reported were slight nausea during the actual treatment (approx. 20% of study patients) and soreness or stiffness the next day after the treatment. (Much like one feels the next day after a hard physical workout.)"

Ms. Smith also told me that shockwave therapy is readily used in approximately 175 sites across the Nation alone. Primarily orthopedic, sports medicine and podiatrist physicians provide shockwave therapy services. Additionally, "...shockwave therapy is approved by the FDA in uses for Chronic Plantar fasciitis and medial or lateral epicondylitis." Globally, "...shockwave therapy is utilized for tendonopathies, knees, shoulders, and treatment of Nonunion fractures."

In closing, shockwave therapy has been proven to stimulate and accelerate human healing process. While research continues at multiple sites around the country, shockwave therapy is revolutionizing modern medicine and effectively demonstrates how to achieve overall health. To learn more about shockwave therapy, or Sonucur visit Siemens Medical Solutions at www.usa.siemens.com/medicalpressroom or contact Ms. Lujean Smith at lujean.smith@siemens.com

To find a practitioner who utilizes shockwave therapy, feel free to peruse our practitioner directory at

holisticjunction.com today.

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C. Bailey–Lloyd (Lady Camelot) currently serves as the Public Relations' Director for www.holisticjunction.com.

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C. Bailey Lloyd, aka. Lady Camelot a freelance writer, poet and artist, is currently the Public Relations' Dir. of www.holisticjunction.com

Complementary Therapy The Route To Better Back Health

By Steve Preston

Find Out How to Reduce and Eliminate Chronic Back Pain Using Non–Traditional Therapy

Complementary therapy is concerned with health and wellness from a mind, body and spirit approach. As a past sufferer of back pain resulting from injury and a congenital disorder, I understand how challenging it can be to live with back pain.

The GOOD news is you don*t have to. Studies actually suggest that most chronic back pain can be relieved in just six short weeks.

Among the essential strategies for eliminating back pain include exercise and movement. A progressive exercise program that incorporates stretching and balance can help reduce and even eliminate back pain.

When an exercise program is followed in conjunction with routine complementary therapy, the prognosis for back pain sufferers is exceptional.

Complementary Therapy

So what exactly is complementary therapy and how do you use it to resolve back pain?

Complementary therapy is any type of treatment that does not involve medication and surgery, which aims to reduce or eliminate imbalances in the body through a mind, body and spirit approach. There are many effective complementary therapies available for chronic back pain sufferers.

Three of the most common are discussed below.

Chiropractic

This is usually the most popular complementary therapy sought out by back pain sufferers. Chiropractic treatment involves the use of spinal manipulation to relieve acute and chronic back pain. There is a large body of research that supports the efficacy of chiropractic therapy in conjunction with a strengthening program. In fact, many doctors actually recommend Chiropractic care over traditional care for back pain.

Massage

Massage therapy is a relaxing and invigorating complementary therapy that does wonders for the entire mind, body and spirit of back pain sufferers. Massage therapy can help improve a person's flexibility and ability to carry out daily functions by improving blood flow to the limbs. Massage also provides an added mental benefit of being calming and relaxing.

Acupuncture

Acupuncture is less commonly used to treat lower back pain, but fans of acupuncture therapies will tell you that it is an effective treatment for eliminating pain. Acupuncture treatment relies on the insertion of thin needles into certain energy points on the body. Many people report relief from lower back pain after a series of acupuncture treatments. There are many proven benefits of acupuncture treatment that have been cited, and most recent studies suggest that it is a good complementary therapy for low back pain.

There are several other complementary therapies that are beneficial for back pain sufferers including magnetic therapy. Regardless of which you choose, you are bound to realize positive results if you combine complementary therapy with a regular strength and conditioning program. No one should suffer chronic back pain. There are healing options available if you know where to turn.

Steve Preston, President of Fast Fitness has been training and counseling clients for 15 years. He offers personal fitness training, metabolic testing and customized fitness and nutrition plans. His new guide *The Better Back Guide: 6 Weeks to Improving Strength and Reducing Pain Without Surgery* teaches people how to reduce, eliminate and prevent chronic back pain using a six week program. You can read more about his guide and his other fitness guides and services at:

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Learn More about Back Pain at:

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Complementary Therapy The Route To Better Back Health

The Causes of Chronic Pelvic Pain

Are Pain Killers Causing Your Headaches?

Massage Therapy For Back Pain

FDA Approves Study of New Treatment for Migraine

Natural Pain Management

Control your Headache!

Key Secrets to Setting Up Your Own Automatic \$ Making Machine!

Stretch Assistant Software

The Power Of Laughter



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