IS SHOCK WAVE TREATMENT FOR YOU?
About EPAT® For our Patients

EPAT is Extracorporeal Pulse Activation Treatment. This is the most advanced non-invasive treatment for musculoskeletal pain. If you have acute or chronic heel pain (planter fasciitis/fasciosis), Achilles tendonitis/tendonosis, shin splints or calf strain, this treatment has the potential to fast track your recovery without any medications or invasive treatment.

WHAT IS IT
EPAT is a technological innovation setting a new standard in the treatment of acute and chronic musculoskeletal disorders. The technology is based on unique sets of pressure waves that trigger the body's own repair mechanisms to initiate natural healing. It fast tracks the healing process.

HOW DOES IT WORK
Treatment is done with acoustic pressure waves (also called shock waves) to illicit a healing response. The pressure waves are directed at the area of pain using a device similar to that currently used in the non surgical treatment of kidney stones (lithotripsy).

The effect of the treatment stimulates healing by increasing blood flow, increasing cellular metabolism, increasing cellular growth factors and breaking down scar tissue. It is a non-invasive procedure that is done on a weekly basis for 3 to 6 weeks. It is a very safe treatment with limited side effects. Contraindications: You are not a candidate if you have a malignancy or DVT (deep vein thrombosis).
PROCEDURE:
The brief procedure utilizes low energy shock waves. Unlike the traditional high energy shock waves, this method does not require local anesthesia or twilight anesthesia. It is done in the comfort of our office. The pressure waves are directed at and penetrate the heel area or involved tendon to stimulate a healing response by the body. **Post treatment instructions are simple.** No ice or anti-inflammatory medications for 4 weeks after the last treatment. Why? Shock wave has recreated a new inflammatory response. We don’t want ice or NSAIDS to reduce that effect. Use of Tylenol is fine.

RESULTS
Most patients have little new discomfort after the treatment and can return to work and resume their normal activities immediately after each session. It is important to continue conservative treatment such as orthotics, night splints and avoid heavy impact activities. Maximal results are seen 4-6 weeks after the final treatment. EPAT is FDA approved and a very effective way of treating patients without the risks associated with surgery or cortisone.

Ask Dr. Robinson if shock wave therapy is for you!
Call our office today at (408) 370-3338 to make an appointment