MANY APPLICATIONS

Tendon attachment disorders

- Painful irritation of tendon attachments due to overexertion, strain or degenerative processes such as achilles tendonitis, shin splints, tennis and golfer's elbow.

Painful triggers

- Acute and chronic pain in the back, shoulder and neck, for example, due to the permanent shortening and thickening of muscle tissue.

Acupuncture points

- Pain therapy through treatment of acupuncture points.

EXTRACORPOREAL SHOCK WAVE THERAPY (ESWT)

- **Affordable walk-in/walk-out in-office procedure**
- **No anaesthesia**
- **No injections**
- **No surgery**
- **No negative side effects**
- **No time off work**
- **Effective in 70-80% of cases**

DR. JAN SCHNEIDER, OBERSDORF, ULM, GERMANY, ATTENDING PHYSICIAN OF THE ATP TENNIS TOUR

"Shockwave Therapy is our permanent companion on ATP's tennis tournaments and has become increasingly popular with players"

The Foot & Ankle Clinic®
Podiatry and Footwear

Enquiries: **info@thefootandankleclinic.com.au**

Boronia	12/5-7 Chandler Rd Ph 03 9761 0019
Chadstone	73 Chadstone Rd Ph 03 9569 5796
East Bentleigh	778 Centre Rd Ph 03 9570 3213
Moe	11 Haigh St Ph 03 5127 8555
Morwell	150 Commercial Rd Ph 03 5134 4044
Sale	195 Raymond St Ph 03 5144 7655
Traralgon	39 Grey St Ph 03 5174 2615
Yarram	247 Commercial Rd Ph 03 5182 5042

find us on facebook.

medibank PRIVATE Members' Choice

TAC TRANSPORT ACCIDENT COMMISSION

WorkSafe

HICAPS *Fast* claims... on the spot

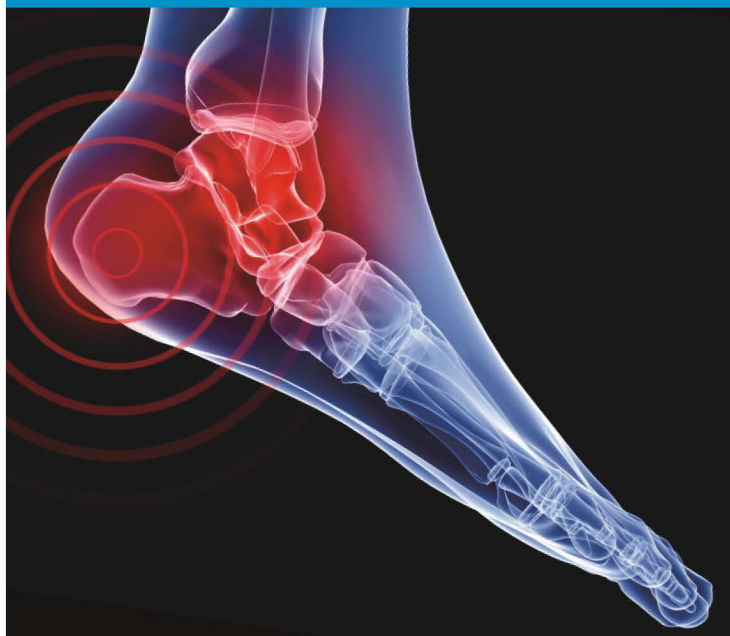
Connecticut Department of Veterans' Affairs

"Put your feet in the hands of The Foot and Ankle Clinic."
- Ron Barassi

www.thefootandankleclinic.com.au

The Foot & Ankle Clinic®
Podiatry and Footwear

Heel Pain & Shockwave Therapy

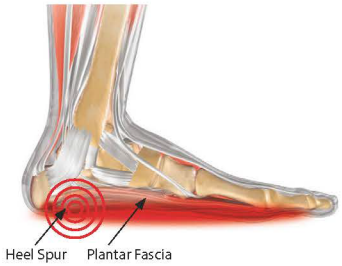


Fast, gentle and effective self-healing relief

CHRONIC HEEL PAIN

Discomfort, aches, pains and not being able to enjoy life to the fullest is a real pain - quite literally.

Millions of people suffer from heel pain. If you are one of them, you know what it means. Chronic pain often becomes unbearable and affects the performance of body and mind, reducing your quality of life.



WHAT IS HEEL PAIN?

- Heel pain is a “catch-all term” for any condition that can occur around the heel. The most common of these conditions is known as PLANTAR FASCIOSIS. The plantar fascia (PF) is a strong ligament that is located along the under surface of the foot, extending from the base of the toes to the heel bone.
- When the PF is strained due to overuse, improper shoes, or abnormal foot structure, it can initially become irritated and painful. As we get older, tissues become less flexible and the PF can become strained from simply walking a full day with non supporting, flat shoes.

Pain relief just a few days after the first session

- Plantar fasciosis is diagnosed with the classic symptoms of pain localized over the heel area of the bottom of the foot. Often the pain from plantar fasciosis is most severe when you first stand on your feet in the morning. At that time, the arch tissue is tight and simple movements stretch the contracted tissue. As you begin to loosen the foot, the pain usually subsides, but often returns with prolonged standing or walking.

WHO GETS HEEL PAIN?

- Plantar fasciosis is most often seen in middle-aged men and women, but can be found in all age groups. The condition can be seen in people with all foot arch types.
- Plantar fasciosis is sometimes, but not always, associated with overweight people and seen in recreational athletes, especially runners. In these athletes, it is thought that the repetitive nature of the sport causes damage to the tissue at the attachment of the PF to the heel.

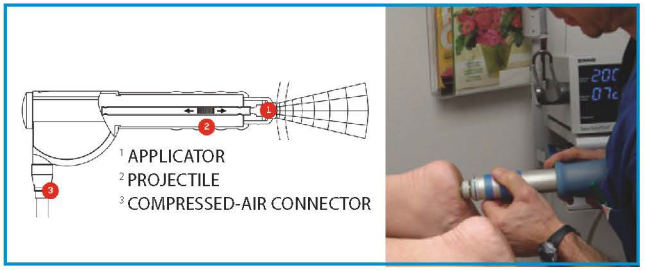
WHAT IS EXTRACORPOREAL SHOCK WAVE THERAPY (ESWT)?

Radial shockwaves are high-energy acoustic waves. They are transmitted through the surface of the skin and spread radially (spherically) into the body. The body responds with increased metabolic activity around the site of the pain. This stimulates and accelerates the healing process.

- The precision compressed-air impulse accelerates the projectile in the handpiece.
- The impact of the projectile on the applicator generates the shockwave.
- The shockwave is delivered to the tissue

SIMPLE TREATMENT

Your Podiatrist locates the pain through palpation or ultrasound. No surgery, no associated risks, no strong medication, no bothersome side effects. Uncomplicated outpatient procedure - fast, gentle and effective.



ACTS FAST

Just three to five applications at short intervals - just a few minutes each. Activates self-healing processes that continue to act even after therapy has been completed. The soothing effect of ESWT becomes noticeable in just a few days.

CLINICAL STUDY RESULTS

- ESWT is used successfully in professional sports medicine and in daily medical practice worldwide. Its’ effectiveness has been demonstrated in a multitude of clinical studies (up to 70-80% successful outcomes) and has been approved by the FDA.
- The advantage of extracorporeal shockwaves is that they produce an analgesic effect on the treated area. The unfocused propagation of the shockwaves extends to the entire area where pain occurs.

TheFoot&AnkleClinic®
Podiatry and Footwear