What is Extracorporeal Focused Shock Wave Therapy?

Shock waves are high energy acoustic waves.

In Extracorporeal Focused Shock Wave Therapy, this wave is focused through a lens and transmitted into the body, up to a depth of about 4.7”.

In the body, the acoustic waves stimulate the cells and the body’s intrinsic healing mechanism.¹

Effects of Extracorporeal Focused Shock Wave Therapy on the Body

- Temporarily increase blood flow
- Relieve pain from trigger points (hard knots in a muscle)
- Decrease pain

Extracorporeal Focused Shock Wave Therapy improves Pain and Function in chronic plantar fasciitis (clinically proven with scientific study)²

Benefits of Extracorporeal Focused Shock Wave Therapy

- Short treatment time (minutes)
- Precise & targeted application
- Results in a few treatments
- Deep tissues can be reached
- Non-invasive and no known significant adverse effects
- Alternative to medication

250 patients with chronic plantar fasciitis were included in a study that compared extracorporeal focused shock wave with placebo treatment.

All subjects were assessed on pain and function at baseline (before start of treatment), then received three weekly treatments, and were assessed again at 12-weeks after treatment.

At 12-weeks follow-up, median heel pain score decreased with 69.2% in the shock wave group, versus 34.5% in the placebo group.

Patients in the extracorporeal focused shock wave group also showed significantly better function than the placebo group.

From this study can be concluded that 3 sessions of extracorporeal focused shock wave produced significant clinical improvement in the treatment of chronic plantar fasciitis.

Individual results may vary.

Other indications that have been subject of scientific studies:


More references available at clinicalstudies@DJOglobal.com

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