



buckingham : clinic

introducing shockwave therapy





## about us

At the Buckingham Clinic we are known not just for our dedication to our patients' health and well being, but also for our innovative approach and relentless efforts to trial and embrace new techniques which could deliver potentially great and more effective treatments for our patients.

## how it works

Shockwave therapy is a new, non-surgical treatment, recommended by NICE. (National Institute of Clinical Excellence) and is rapidly becoming the preferred method of treatment for painful conditions of the musculoskeletal system.

Shockwave therapy delivers impulses or 'shocks', targeted to specific damaged tissues. The shockwaves serve to breakdown the fibrous scar tissue which builds up with chronic conditions. Scar tissue does not have the same elastic properties as normal soft tissue and so when it is laid down instead of soft tissue it causes stiffness and will shear and tear as the soft tissue around it moves, thus causing pain. By breaking down the scar tissue, shockwave kick starts the healing cascade and replaces the scar tissue with new, pliable, soft tissue.

# what it treats

This new technology can be used to treat a wide range of conditions including:

- achilles tendonitis
- plantar fasciitis
- tennis elbow
- myofascial syndrome & tendinopathies

We are also finding it very effective in treating hip pain, neck pain, shoulder conditions, tendinopathies and shin splints.





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