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# Shockwave Therapy for the treatment of hip pain and heel pain

Do you suffer with hip pain that prevents you from sleeping on your sides at night, that is painful to stand or walk for too long or is painful to walk inclines or stairs?

Or heel pain that makes you sore and limp first thing in the morning, after you get up from your desk or out of your car after you commute to work or prolonged periods on your feet?

The likelihood is you are suffering from **Greater Trochanteric Pain Syndrome (GTPS**) or **Plantar Fascia Heel Pain**. Both can be very painful and debilitating and can be very resistive to normal forms of therapeutic treatment (massage, stretching, night splints, heel pads, orthotics, ice, acupuncture, strapping).

Many people resort to having a hydrocortisone injection in the area in an attempt to settle the pain, unfortunately only 25% of people have any long-term benefit from these injections. The likely outcome is either the injection helped initially and then came back or had minimal impact at all.

**The great news is there is now a treatment that is:**

- **non-invasive**
- **researched and evidence based**
- **very effective**
- **has excellent long-term benefit.**

But what exactly is **Shockwave Therapy**?

Shockwave is a way of delivering impulses of energy that is specifically targeted to damaged soft tissues. The treatment is pro-inflammatory, which effectively kick starts the healing process and stimulates cell regeneration and healing, which decreases pain significantly.

The effectiveness of shockwave therapy for hip and heel pain has been reviewed and accepted by NICE (National Institute for health and Clinical Excellence) and the FDA (Food and Drug Administration).

Shockwave is advised for people that have had symptoms that exceed 3 months in duration. 3-6 treatments are recommended for significant long-term benefit – for further information please contact us at info@taylormadephysio.co.uk.

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