

## EXTRACORPOREAL SHOCK WAVE THERAPY (ESWT) SWISS DOLORCLAST® METHOD.

- > Affordable in-office procedure
- > No anesthesia
- > No injections
- > No surgery
- > No negative side effects

**EXTRA-CORPOREAL SHOCKWAVE THERAPY**



DR. JAN SCHNEIDER, OBERSDORF, ULM, GERMANY, ATTENDING PHYSICIAN OF THE ATP TENNIS TOUR  
"Swiss DolorClast® is our permanent companion on ATP's tennis tournaments and has become increasingly popular with players."

**PERHAPS YOU TOO WILL BEGIN TO ENJOY A QUALITY OF LIFE YOU THOUGHT YOU WOULD NEVER HAVE AGAIN - LIFE WITHOUT PAIN!**

**ASK YOUR DOCTOR TODAY!**

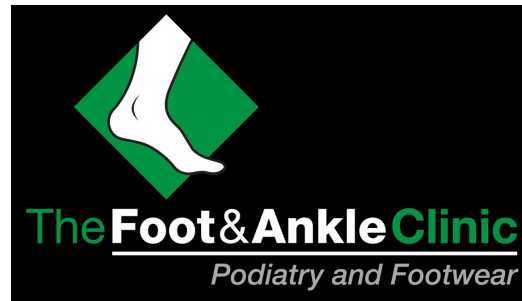
## ARE YOU INTERESTED IN RECEIVING A TREATMENT?

Would you like to find out more about this new therapy for chronic pain? We will gladly provide you with further information.

Please contact The Foot and Ankle Clinic via email:

- [info@thefootandankleclinic.com.au](mailto:info@thefootandankleclinic.com.au)

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Telephone: 03 9570 3213
- > **Traralgon:** 39 Grey Street  
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[www.thefootandankleclinic.com.au](http://www.thefootandankleclinic.com.au)

**FOR MORE INFORMATION ON THIS NEW THERAPY FOR CHRONIC HEEL PAIN**

[WWW.I-FEEL-GOOD.COM](http://WWW.I-FEEL-GOOD.COM)

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## PAINFUL HEEL?

**NEW PAIN THERAPY → EXTRACORPOREAL SHOCK WAVE THERAPY SWISS DOLORCLAST® METHOD**



## → CHRONIC HEEL PAIN

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

Millions of people suffer from pain: if you are one of them, you know what it means. Chronic pain often becomes unbearable. It affects the performance of body and mind, takes away the joy and lessens 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 FASCIITIS. 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 plantar fascia 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.

> Plantar fasciitis is diagnosed with the classic symptoms of pain localized over the heel area of the bottom of the foot. Often the pain from plantar fasciitis 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?

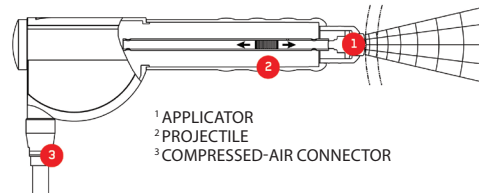
> Plantar fasciitis is most often seen in middle-aged men and women, but can be found in all age groups. The condition can be seen in people with high arches, normal arches and flat feet.

> Plantar fasciitis is sometimes, but not always, associated with overweight people. It is sometimes 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.

## → HIGH TECH TO THE RESCUE

### 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 doctor 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.



Locating the painful area



Marking the treatment area



Applying contact gel



Delivering the shock wave

## → ACTS FAST

### IN GENERAL THREE APPLICATIONS AT SHORT INTERVALS - JUST A FEW MINUTES PER APPLICATION.

The soothing effect of ESWT in conjunction with the Swiss Dolorclast® method becomes noticeable in just a few days.

> ESWT is used to successfully in professional sports medicine and in daily medical practice worldwide. Its' effectiveness has been demonstrated in a multitude of clinical studies 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.

## → MANY APPLICATIONS



### Tendon attachment disorders

> Painful irritation of tendon attachments due to overexertion, strain or degenerative processes such as achilles tendonitis and shin splints.

### 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.

## → FAST, GENTLE AND EFFECTIVE

Just three to five applications at short intervals - just a few minutes each. Activates self-healing processes - continues to act even after therapy has been completed.

**CLEAR PAIN RELIEF MOSTLY JUST A FEW DAYS AFTER THE FIRST SESSION.**