

Is Heel Pain Affecting Your Life?

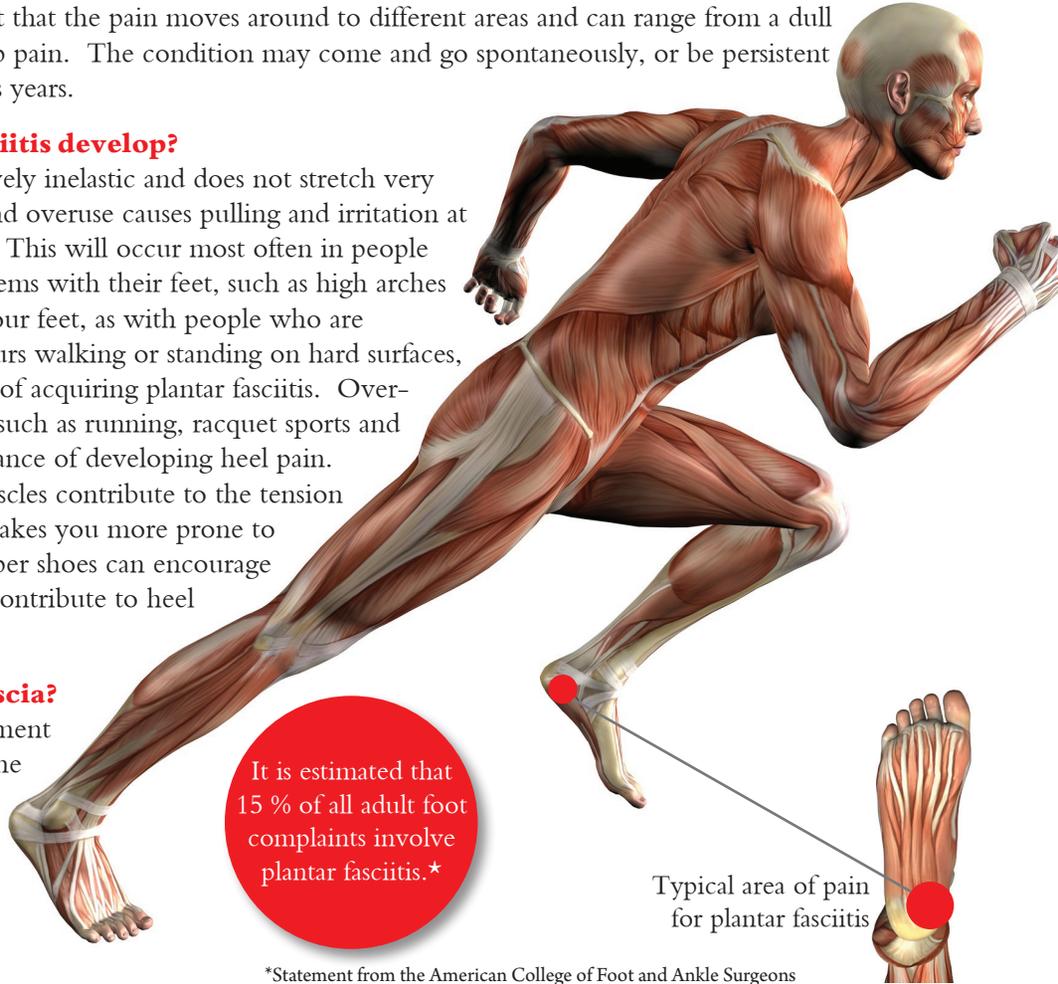
The most common cause of heel pain is plantar fasciitis. The main sign of plantar fasciitis is pain or stiffness on the bottom of the heel when standing, and the pain is most often felt in the bottom inside edge of the heel. Patients often report that the pain moves around to different areas and can range from a dull ache to a debilitating sharp pain. The condition may come and go spontaneously, or be persistent for months and sometimes years.

Why does plantar fasciitis develop?

The plantar fascia is relatively inelastic and does not stretch very well. Increased tension and overuse causes pulling and irritation at its attachment to the heel. This will occur most often in people who have structural problems with their feet, such as high arches or flat feet. Overuse of your feet, as with people who are required to work long hours walking or standing on hard surfaces, increases your probability of acquiring plantar fasciitis. Overuse associated with sports such as running, racquet sports and golf may increase your chance of developing heel pain. Weight gain and tight muscles contribute to the tension in the plantar fascia and makes you more prone to its irritation. Also, improper shoes can encourage poor foot alignment and contribute to heel pain.

What is the plantar fascia?

The plantar fascia is a ligament that supports the arch of the foot. It extends from the heel to the ball of the foot and plays a very important role in the support of the foot.



It is estimated that 15 % of all adult foot complaints involve plantar fasciitis.*

Typical area of pain for plantar fasciitis

*Statement from the American College of Foot and Ankle Surgeons

What is Radial Shock Wave Therapy (RSWT®)?

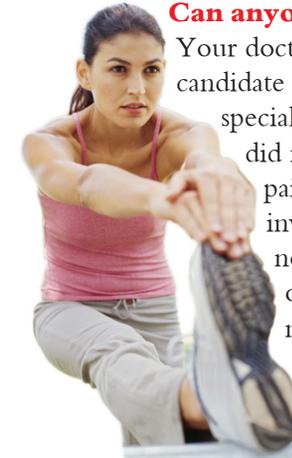
RSWT® is a fast, gentle, non-surgical method of reducing heel pain. The Swiss DolorClast® method delivers pneumatically-generated pressure waves that travel through the skin. As these pressure waves come in contact with the inflamed tissue, they stimulate the body's natural self-healing process. This treatment is safe and effective and has been evaluated by the FDA with randomized, controlled, double-blinded scientific studies.

Who benefits from this treatment?

RSWT® is especially beneficial for patients that have chronic heel pain and have not had much success with traditional therapies such as medications, arch supports, orthotics, steroid injections or stretching. If you suffer from plantar fasciitis or heel spur syndrome, you are a potential candidate for this treatment.

Can anyone receive this treatment?

Your doctor will determine if you are a candidate for RSWT®. It is reserved for special cases where other treatments did not provide adequate relief of pain. RSWT® is a safe, non-invasive treatment, however it is not recommended for treatment of heel pain in children, pregnant women or people currently taking medications that inhibit blood clotting.



How long does the treatment take?

A typical session lasts about 15 minutes. You will require three sessions, each between one and two weeks apart.



1. Locating pain area by palpation



2. Marking the treatment area



3. Applying the contact gel



4. Delivering the shockwaves

What is involved in the treatment?

The procedure is performed in this office. After an evaluation of your medical history, your doctor will carry out a careful manual examination of the painful area. The point or area of maximum pain will be located and marked. Ultrasonic transmission gel is applied to the foot. The RSWT® handpiece is then positioned to gently and extensively transmit pressure waves over the injured area. The feedback you provide helps to determine the fine tuning of the impulse energy. Once you are comfortable at a low level, the energy is gradually increased over several minutes.

Are there any side effects with RSWT®?

There are virtually no side effects with RSWT® since no medication, surgery, injections or anesthesia is involved. Some patients may experience a short period of slight tingling, warmth or numbness immediately after the treatment.



How soon can I expect results?

Most patients will notice improvement after the first treatment; however, 70-80% of patients notice improved healing between 6 and 12 months after the last treatment.

What is the cost of RSWT®?

Radial Shock Wave Therapy is an emerging technology in the US and insurance coverage varies depending on individual policy coverage. The fee for the procedure is very reasonable by most patient standards.



The benefits to patients receiving RSWT® include:

- NO lost time from work or light activity.
- NO need for a hospital or surgery center.
- NO need for anesthesia or injections.

Ask your doctor how RSWT® with the Swiss DolorClast® can help treat your heel pain and how to cover the cost for this treatment.

Swiss DolorClast®

The Gold Standard in RSWT®

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For the Treatment of Chronic Heel Pain

