FITSTUFF
CLINIC & RUNLAB

Shockwave Therapy Advice and Guidance

Everything you need to know and how we can help you.

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Table of Contents

Personal message from Philippa at Fitstuff Clinic, Guildford

Welcome to our information pack, and thank you for downloading it.

There is so much information on the internet these days that researching a treatment approach can be overwhelming.

We have created this information pack to introduce you to Shockwave Therapy, one of the advanced methods we use to help patients like you find relief from soft tissue injuries. These include plantar fasciitis, Achilles tendonitis, hamstring tendinopathy, tennis elbow, calcific rotator cuff tendons, stress fractures, and shin splints.

One of the most rewarding aspects of our jobs is seeing people move freely, live pain-free, and achieve their goals. This therapy is designed to speed your recovery and help you return to the activities you love.

While we'd love Fitstuff Clinic to be your choice, what matters most is that you make the best decision for your needs - whether that's with us or another provider.

If you have any questions, please don't hesitate to contact us on Tel No: 01483 533133 or email: info@fitstuffclinic.co.uk

Philippa Lock,
Fitstuff Clinic

What is Shockwave Therapy?

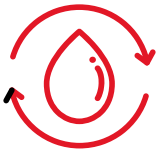
Shockwave therapy was originally developed to treat kidney stones using high-energy acoustic waves to break them apart without invasive surgery. Over time, this approach became a first-line intervention for the condition due to its effectiveness and safety.

During early use and experimentation, researchers observed unexpected effects: shockwaves appeared to influence bone healing. Further studies confirmed that these waves could stimulate healing not just in bone, but also in cartilage and surrounding soft tissues, including tendons and ligaments.

This discovery led to the development of radial shockwave therapy, a non-invasive treatment that uses lower-intensity pressure waves dispersed over a broader area.
It is now widely used to treat medical conditions such as plantar fasciitis, calcified tendons in the shoulder, Achilles tendinopathy, and lateral epicondylitis (tennis elbow).

How does Shockwave Therapy work?

Shockwave therapy works by delivering high-energy sound waves (pressure waves) into injured or painful tissues. When these waves interact with the affected area, they create microscopic stresses in the tissue, prompting the body's natural healing processes. The key mechanisms include:



Increased Blood Flow:
Shockwaves boost circulation to the treated region, bringing in more oxygen and nutrients. This enhanced blood supply supports tissue repair and speeds up recovery.

Stimulated Cell Activity:
The mechanical pressure from the shockwaves activates the cells responsible for tissue regeneration and collagen production. Over time, this leads to stronger, healthier tissue.

Reduced Pain Signals:
Shockwaves can temporarily interfere with pain-transmitting nerve fibers, helping to reduce discomfort. They also trigger the release of endorphins, the body's natural painkillers.

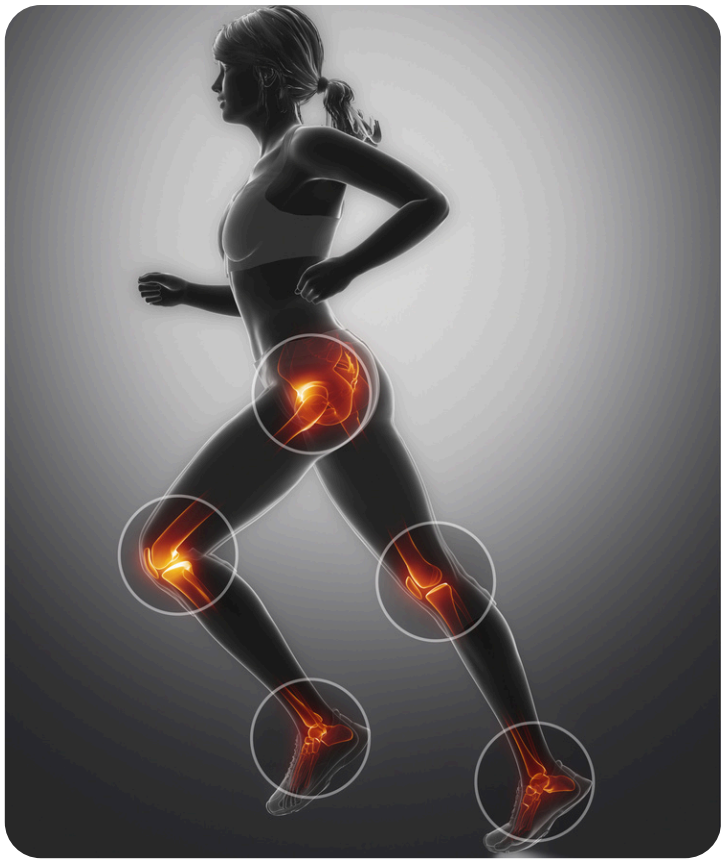
Breakdown of Calcifications:
In cases of calcified tendons or scar tissue, the impact of the shockwaves can help fragment these calcified deposits. The body can then more easily reabsorb them, restoring normal function and flexibility.

Through these combined effects, shockwave therapy can promote faster healing, improve mobility, and relieve pain, often with fewer side effects than more invasive treatments.

What is it used to treat?

Shockwave therapy can be used to treat the conditions such as:

- Plantar Fasciitis
- Achilles tendinopathy
- Calcified tendons of the shoulder
- Hamstring tendinopathy
- Tennis and golfer's elbow
- Patellar tendinopathy
- Iliotibial Band (ITB) syndrome
- Posterior tibial tendonitis
- Hip or Shoulder Bursitis
- Carpal tunnel syndrome
- Coccydynia
- Medial tibial stress syndrome (shin splints)
- Myofascial trigger points
- Osgood-Schlatter disease
- Rotator cuff tendinitis.



Can everyone be treated with Shockwave Therapy?

Shockwave therapy is a clinically proven, non-invasive treatment with minimal side effects, and for most people, it's a safe and effective option. However, there are a few reasons which may prevent you from benefiting from this treatment. If any of these apply to you, we'll explain why and explore suitable alternatives. You can find a list of conditions where shockwave therapy is not recommended below.

- Haemophilia / Clotting disorder / Risk of haemorrhage
- Cancer
- Tumour at site of treatment
- Infection at site of treatment.
- Cardiac pacemaker or other cardiac device
- Unstable heart condition
- Steroid injection to the treatment site within 6 weeks.
- Pregnant or trying to conceive
- Taking Anti-coagulant medication, eg. Warfarin or Rivaroxaban

What should I expect during the treatment?

- You will have an initial consultation with your therapist to discuss your condition and an explanation of how the treatment will progress.
- Treatment usually commences with some hands-on soft tissue work.
- Shockwave therapy will then be delivered by your therapist using a handheld device, seen in the photos.
- The device will be placed against the affected area on the body, allowing pressure waves to spread outward into the tissue, working as deep as 3–4 cm.
- This part of the treatment lasts approximately 5-10 minutes.
- Your practitioner will then explain some rehabilitation exercises to perform throughout your treatment.
- We recommend a minimum of 3 and a maximum of 6 sessions, usually spaced 7-10 days apart. Please note, shockwave therapy is cumulative, so a standalone treatment is not effective.

Is Shockwave Therapy painful?

Some people may experience discomfort. However, we carefully monitor how you are feeling throughout, frequently ask for feedback, and adjust the treatment settings accordingly to ensure a comfortable and effective experience.

It is normal to feel a little tender on the area that has been treated during your session, and possibly for 24–48 hours after.

Our team at Fitstuff Clinic will advise you how to keep this to a minimum and support your recovery every step of the way.

Final word

Choosing the right treatment path for a persistent injury can feel overwhelming. With so much conflicting advice available online, it's easy to feel unsure about what to do next.

We hope this information pack has helped clarify how Shockwave Therapy works and whether it might be a good fit for your condition.

But we also understand that no two people - or injuries - are exactly the same.

Still have questions?
If you're wondering whether Shockwave Therapy is right for your specific injury, or you just want to speak with someone who understands your concerns, we're here to help.

Our team is happy to answer your questions, talk through your options, and guide you toward the best course of action - whether that includes us or not.

Contact us today to:

- Discuss your condition with an experienced practitioner.
- Find out whether you're a good candidate for treatment.
- Learn more about how the therapy works in real-world cases.