

TO OUR PATIENTS

Our practice specializes in providing modern and non-invasive treatment options for orthopedic pain.

Extracorporeal shockwave therapy (ESWT) has proven to be a safe and effective treatment method in orthopedics and sports medicine. Infact,universities and Olympic team doctors are among those who include ESWT in their spectrum of services.

We are proud to offer our patients the same cutting-edge technology. This latest generation ESWT device utilizes softwave™ therapy to help your body heal itself.

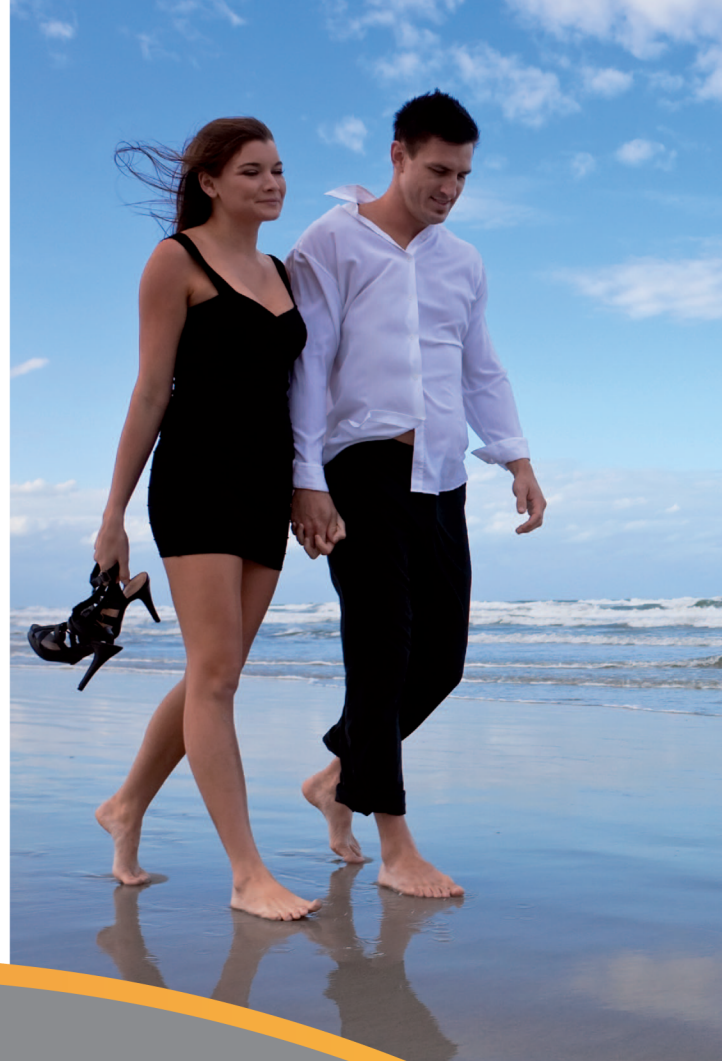
If you would like to learn more about the benefits of ESWT, please ask any member of our team.

AFTER CARE

Your compliance with a follow-up program is very important to the final treatment success. Your therapist will give you specific instructions about how you can assist in the healing process for example, exercises you can do at home and activities you should avoid until you are better.

SIDE EFFECTS

Millions of people have received shockwave treatment without any significant side effects. In a few cases, patients experience some pain during treatment – especially when the treatment area is close to bone or is acutely inflamed. This pain ceases immediately when the therapy head is moved from the sensitive area. In rare cases soreness may persist in the treatment area for 1-2 days after the procedure.



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For Orthopedics & Sports Medicine

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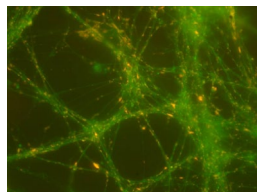
WHAT IS ESWT?

Shockwaves are essentially sound waves with a very specific wave form (shown below and compared with radial pressure and ultrasound wave forms). Unlike radial pressure wave therapy, softwave™ therapy penetrates deep into the tissue and thus to the site of injury.

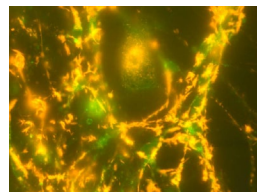
The biologic signaling effect of shockwaves is much higher than both radial pressure waves and ultrasound and is therefore clinically much more effective.

MECHANISM OF ACTION

Shockwaves elicit a strong cellular response. The images below illustrate the activation of mitochondria (the cell's power source) in nerve cells before and after ESWT.



Before ESWT



After ESWT

The sudden change in pressure caused by the shockwaves triggers the cell to respond as it would to trauma. In other words: shockwaves initiate a biologic healing response. Numerous studies show the release of growth factors, anti-inflammatory agents and an improved blood supply in response to ESWT.

INDICATIONS

- Shoulder Injuries (e.g. rotator cuff)
- Golfer's and Tennis elbow (epicondylitis)
- Chronic heel pain (plantar fasciitis)
- Jumper's knee (patella tip syndrome)
- Tendon and ligament injuries
- Muscle pain

PROCEDURE

The procedure takes only 5-10 minutes. Much like an ultrasound procedure, the treatment area will be covered with gel to ensure good shock-wave transmission. After coupling the therapy head to your body (see pictures) your therapist will deliver a diagnosis-specific number of pulses. The energy can be applied at your personal comfort level.



SUCCESS RATES

More than 80% of patients report improvement even after just one treatment. Depending on your particular condition you will likely be scheduled for 3-5 sessions. The final outcome depends on a variety of factors, but most studies report a healing rate of 65-85%.

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