



The Hub Glasgow

Less guessing. More confidence. A plan that moves you forward.



Shockwave Therapy Guide

Helping stubborn tendon, heel and soft-tissue pain tolerate loading, movement and recovery again.

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West End | Kinning Park | Dennistoun

Shockwave Therapy: Get Back To Loading, Walking And Training



Advanced shockwave technology for selected s



Designed to help irritated tissue tolerate recover



Your benefit: a diagnosis-led plan, not another generic pain leaflet.

The real win is not 'having shockwave'. The win is walking with less dread, training with more confidence, and finally having a plan for pain that has been hanging around too long. Shockwave can help calm sensitivity and support tissue recovery so rehab becomes possible again.

Less guessing	We work out whether shockwave actually fits your diagnosis before you commit to a treatment pathway.
Less pain blocking progress	The aim is to reduce pain sensitivity enough that you can move, load and strengthen again.
More confidence to use the area	For plantar fascia, Achilles and tendon pain, the goal is getting you back to walking, work, sport and exercise with a plan.
More than a machine session	You get treatment plus advice on loading, footwear, rehab and what to change next.

The Benefits, The Boundaries And The Plan

Benefit: clearer decisions	NICE guidance and research support ESWT in selected refractory cases, which helps us choose it for the right people.
Benefit: fewer dead ends	If your pain has not responded to rest, stretching or generic advice, shockwave may give us another route into recovery.
Boundary: not instant	It is not pain-free for everyone and it is not suitable for every injury.
Plan: combine it properly	The best results come when shockwave is paired with diagnosis, loading, strength, footwear advice and review.



usually associated with injury or overuse. Symptoms include pain, swelling, weakness and

NICE National Institute for Health and Care Excellence

Guidance Standards and indicators Life Sciences British National Formulary (BNF) British National Formulary for Children (BNFC) Clinical Knowledge Summaries (CKS) About

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Extracorporeal shockwave therapy for refractory plantar fasciitis

Interventional procedures guidance (IPG311) Published: 26 August 2009 [Review as interest](#)

Guidance Tools and resources Information for the public Evidence History

Overview

- 1 Guidance
- 2 The procedure
- 3 Further information

Guidance [Download guidance \(PDF\)](#)

Evidence-based recommendations on extracorporeal shockwave therapy for refractory plantar fasciitis. This involves using a machine to deliver sound waves to the painful area, with the aim to stimulate healing of the fascia.

NICE has also issued guidance on [extracorporeal shockwave therapy for Achilles tendinopathy](#) and [extracorporeal shockwave therapy for refractory tennis elbow](#).

Evidence helps us choose treatment more wisely.



Non-invasive alternative with minimal risk for patients who have failed conservative treatment of chronic tendinopathies. [hpc registered](#) www.hcp.org.uk

Shockwave Therapy

Short sessions, clear goals, practical next steps.

What You Get From The Appointment

A better answer	Your clinician checks what is irritated and why it has not settled.
A suitability check	We screen safety, explain risks and agree what success should look like for you.
Focused treatment	The applicator delivers pulses into the target area. It can feel uncomfortable, but should stay tolerable.
A recovery plan	You leave with loading advice, rehab direction and review points, not just a receipt for a machine session.
A realistic course	Many plans involve several sessions over weeks, adjusted around your symptoms and function.



The benefit is not just short-term relief. It is getting you back to load, movement and co

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