

## Therapeutic Effect

- Pain relief 鎮痛
- Promote healing 促進復原
- Increase local blood flow 增加血液循環
- Break down calcific deposits 分解鈣化組織

## Dosage 劑量

- Shocks 衝擊次數 : 1000-1500 (up to 2000)
- Sessions 治療次數 : 3 - 5 (up to 7)
- Frequency 每週治療 : once a week 一次

## Nominal Fee 費用

HK\$50 港幣五十元

## Indications on Musculoskeletal Condition 適用症

- Age 18 or older 18 歲或以上
- More than 6 months history of unsuccessful conservative treatment 患處已接受其他保守性治療長達 6 個月仍無效
- Chronic tendinitis, fibrosis and adhesions 慢性肌腱炎、勞損性痛症
- Calcifications of tendons or ligaments 肌腱或韌帶鈣化

## Contra-indications 禁忌症

Epiphyseal regions	Pregnancy	Known Fracture
Over lung tissue	Malignancy	Active Inflammation
Active Infection	Osteoporosis	Osteomyelitis
Rheumatoid Arthritis	Osteoarthritis	Ankylosing Spondylitis
Vascular Disease	Heart Disease	Diabetes Mellitus
Haemophiliac conditions	Metal Implant	Systemic Lupus Erythematosus
On Anti-Coagulants	On Steroid	On Immunosuppressive Therapy



孕婦、使用心臟起搏器的病人、出血性疾病患者、痛症部位附近有腫瘤、傷口、發炎和感染等情況，都不適合接受衝擊波治療。病人如有任何疑問，請向物理治療師查詢。

## Adverse Effect 不良反應

- Pain or discomfort during treatment
- Post treatment pain, numbness, swelling, skin redness or bruising

治療時會感到不適，甚至極痛。  
治療後出現紅、腫、痛、痺或瘀，但會逐漸消退。