Welcome to a practical course in <u>focused</u> Extracorporeal Shock Wave Therapy (ESWT)

Program

0900-0915	Introduction
0915-1015	Extracorporeal Shock Wave Therapy – (history, principles & physics)
1015-1030	Coffee
10.30-1130	Extracorporeal Shock Wave Therapy (continued)
11:30-1300	Referred Pain. Diagnostic principles of soft tissue lesions (Clinical examination/Clincal pictures. Anatomy). Application of ESWT for common lesions of the shoulder region.
1300-1400	Lunch
1400-1430	Anatomy elbow & hand. Clincal Pictures. Application of ESWT for common lesions of the elbow and hand
1430-1500	Anatomy hip & knee. Clinical Pictures. Application of ESWT for common lesions of the hip & kne.
1500-1530.	Coffee/Tea
1530-1545	Anatomy leg, ankle & foot. Clinical Pictures. Application of ESWT for common lesions of the ankle and fot
1545-1700	More application. Summary. Q&A +++. .

Tel. +47 95866636 - - E-mail: info@ominorden.com
Website: http://www.ominorden.com

Where: Allingsaas, Sweden

When: 09.28.18

ESWT
Shock waves have been used successfully by orthopaedic specialists for many years in the treatment of disease of the musculoskeletal system. The classical orthopaedic indications for shock wave therapy (ESWT) are diseases of the tendon attachments such as changes in the soft tissue area of the rotator cuff of the shoulder, tennis or golf elbow, patellar tip syndrome of the knee or plantar fascia in heel pain.

What is ESWT?
Extracorporeal Shock Wave Therapy (ESWT) is a non-invasive procedure for the treatment of acute and chronic pain of the musculoskeletal system.
The science behind ESWT is analogous to that of lithotripsy, a technology that makes use of acoustic shockwaves to break up kidney stones without surgery. Extracorporeal shockwaves can be seen as a mechanical stressor that is able to induce biochemical changes in living tissue and which can ultimately influence gene expression in cells at the molecular level, consequently, when used selectively, they can produce a specific tissue reaction. This process is referred to as mechanotransduction.

The course
This course will embrace the use of highly accurate piezo-shockwave technology. ESWT is one of the very few medical technologies that is effective at treating chronic injuries. It is suggested that ESWT can “jump start” the healing process in chronic, non-healing injuries and reintroduce the acute phase of healing.
The Piezowave 2 will be used for the practical treatment demonstrations during this course. This is a high quality device with the most recent focussed ESWT technology. All participants will be able to do hands-on treatment with theses devices.
This course is suitable for all those practising musculoskeletal medicine, especially those practicing Orthopaedic Medicine. For those not familiar with the principles of Orthopaedic Medicine, no worries, the basic principles will be reviewed. For those who are familiar, a repetition is always useful (**repetitio est mater studiorum/ repetition is the mother of study/ learning**

info@ominorden.com
den.com

Learning objectives:

1. Acquire knowledge about the theory behind focused ESWT
2. Acquire and perform effective focused ESWT treatment for accurately defined lesions.
3. Acquire knowledge about the prognosis for the treatment with regular evaluation and re-evaluation within the period of treatment.
4. Give preventative advice to avoid a relapse after the treatment.

Goals:

After a completed course the participant will have the knowledge and skills to perform the following:

1. Thorough basic knowledge about ESWT.
2. Understand the anatomy, physiology and pathology in soft tissue damage
3. Differentiate between isometric testing and passive testing, contractile and non-contractile tissue, when using a selective tension principle.
4. Interpret clinical patterns, with positive and negative findings, to set a precise diagnosis.
5. Be able to treat with ESWT defined lesions of the shoulder, elbow, hand, hip, knee & ankle
6. Perform a custom treatment in relation to the diagnose.
7. Treatment routine in acute, sub-acute, and chronic lesions of soft tissue.
8. Give advice to the patient about the disease.
9. Know all the contraindications to the treatment.
10. Give a prognosis of the disease and the duration of the treatment.
11. Customize the treatment to the right area, and know when to end the treatment.
12. Re-evaluate the effects after each treatment method and sequence.
13. Updated with new medical literature.