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# 衝擊波治療 Shock Wave Therapy



# 衝擊波治療

## Shock Wave Therapy



衝擊波治療產生高能量的衝擊波，透過表層進入身體組織。這種治療方法激發組織自癒過程，改善血液循環，促進新血管的形成，以加快新陳代謝。衝擊波治療使細胞更生，幫助增生之鈣沉積解散。

Extracorporeal Shock Wave Therapy (ESWT) produces high-energy shock waves and delivers them to the tissue via the surface of the skin. As a result, the therapy activates self-healing processes when pain occurs: promote blood circulation and the formation of new blood vessels result in improved metabolism. This in turn activates cell generation and helps dissolve calcium deposits.

## 什麼是衝擊波？

### What is ShockWave Therapy?

衝擊波是一種新的治療方法，由醫生或物理治療師執行一系列高能量的衝擊波進入需治療的部位。衝擊波是一種機械性的波段，不是電波。

Shockwave therapy is a fairly new treatment modality administered by professionals like medical doctors and physiotherapists. It is a series of high energetic shockwaves applied to the area that needs treatment. A shockwave is a purely mechanical wave, not an electric one.

**身體什麼部位可以接受衝擊波治療？**

## **On what parts of the body can Extracorporeal Shock Wave Therapy (ESWT) be used?**

慢性的肩膀，手肘，髖部，膝關節和腳踝筋腱炎均可接受衝擊波治療，這治療亦對腳踝的骨刺及腳板痛有療效。

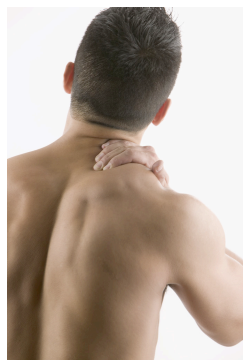
Chronic tendon inflammation in the shoulder, elbow, hip, knee and Achilles are indicated conditions for ESWT. The treatment can also be applied to heel spurs and other painful conditions in the sole.

**衝擊波治療有什麼好處？**

## **What are the advantages with Shockwave Therapy?**

接受衝擊波之患者可無需用藥，這治療刺激身體的自癒能力，亦極少有記錄上的副作用。

Shock Wave Therapy is applied without medication. The treatment stimulates and effectively supports the body's self healing mechanisms with minimal reported side effects.



## 衝擊波治療的成功率有多大？

### **What is the success rate for Radial Shockwave Therapy?**

根據國際的文獻紀錄，衝擊波治療對接受其他治療沒有療效的慢性筋腱炎，有大約 77% 的成功率。

Documented international results show an overall result rate of 77% of chronic conditions that have been resistant to other treatment.

## 接受衝擊波治療時會否有痛楚？

### **Is the shockwave treatment itself painful?**

接受治療時患者可能會感到痛楚，但大部份患者也可不用藥物而忍受這幾分鐘的痛楚。

The treatment is slightly painful, but most people can withstand these few intense minutes without medication.

## 什麼情況是不適宜接受衝擊波治療的？

### **Contraindications or precautions that I should be aware of ?**

- 血栓塞  
Thrombosis
- 血凝固失調或正服用影響血凝固的藥物  
Blood-clotting disorders or ingestion of medicinal products that affect blood clotting
- 急性發炎部位  
Acute inflammation in the treatment area
- 於患處有腫瘤  
Tumors in the treatment area
- 懷孕  
Pregnancy
- 治療部位在充滿氣體的器官（例如肺部組織）範圍  
Gas-filled tissue (lung tissue) in the immediate treatment area
- 治療部位在主要的血管及神經叢範圍  
Major vessels and nerve tracts in the treatment area

## 衝擊波治療有否副作用？

### **What are the side effects of shockwave Therapy?**

接受治療可能會產生瘀點，血塊，腫脹及痛楚，這些副作用會很快消失（約1至2星期），有些長期服用類固醇藥物的患者則或會有皮膚的損傷。

Irritation, petechiae, haematoma, swelling, pain are observed with the shockwave therapy. The side effects disappear relatively quickly (1-2 weeks). Skin lesions have also been observed in patients receiving prior long-term cortisone treatment.

## 接受治療後會否感覺到痛楚？

### **Will I be in pain after the treatment?**

治療後通常患者會感覺到痛楚的感覺減少或沒有痛楚，但有些患者會有一種不適感維持數小時或數天。

You will normally experience a reduced level of pain or no pain at all immediately after the treatment, but a dull and diffuse pain may occur a few hours later. The dull pain can last for a day or so and in rare case a little bit longer.

## 治療程序

### The Application

1. 物理治療師會找出痛處

The physiotherapist locates the pain by palpation

2. 然後把患處畫出

The physiotherapist marks the area intended for Extracorporeal Shock Wave Therapy (ESWT)

3. 加入傳導凝膠，以加強衝擊波與患處之表面接觸

Coupling gel is applied to optimize the contact between shock wave applicator and treatment zone.

4. 傳導手柄傳送衝擊波至患處，需時大約數分鐘

The handpiece delivers shock waves to the pain area for a few minutes depending on the dosage.



\* Reference: Swiss DolarClast® Instruction Manual

此單張之內容只供參考用途，如有任何疑問，請向物理治療師查詢。

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Should you have any enquiries, please consult your physiotherapist.

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