

Shockwave And Laser Therapy Camrose

Supporting Your Recovery with
Targeted, Non-Invasive Treatment Options



May Support
Pain Relief



May Help
Tendon & Muscle
Healing



May Improve
Movement &
Function



Personalized
Treatment Plans



Shockwave and Laser Therapy

As Part of Physiotherapy Care

Shockwave and laser therapy are treatment options that may be used as part of physiotherapy care for certain muscle, tendon, joint, and soft-tissue concerns. These treatments use different forms of energy and may be included in a rehabilitation plan based on an individual's symptoms, physical assessment, and treatment goals.



Shockwave Therapy

Shockwave therapy uses acoustic waves that are directed toward a selected treatment area. A physiotherapist may recommend this approach when it fits the patient's condition and overall rehabilitation plan.



Laser Therapy

Laser therapy uses focused light energy applied to the area being treated. A physiotherapist may recommend one of these treatments when it is suitable for the patient's symptoms, condition, and rehabilitation goals.



These Treatments May Be Considered For:



Ongoing tendon discomfort



Sports-related injuries



Plantar fasciitis



Joint concerns



Muscle pain



Other musculoskeletal conditions



At Central Physiotherapy & Massage in Camrose, treatment can be planned around the patient's condition, movement needs, daily activities, and recovery goals. Shockwave or laser therapy may also be combined with exercises, mobility work, manual therapy, and other physiotherapy techniques.

Understanding Shockwave Therapy

Shockwave therapy may be considered for some longer-lasting tendon and soft-tissue concerns. It may also be included in rehabilitation for certain sports and overuse injuries.



When May Shockwave Therapy Be Considered?

Examples may include:



Tendon-related discomfort



Plantar fascia concerns



Selected sports injuries



Muscle and soft-tissue problems



Certain ongoing musculoskeletal conditions



Areas where movement is affected by pain or stiffness



A physiotherapy assessment is useful before treatment because similar symptoms can have different causes. The physiotherapist can review the patient's history, movement, and physical findings before deciding whether shockwave therapy may form part of the treatment plan.

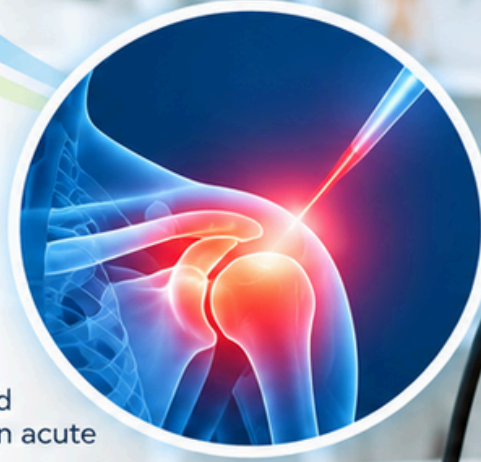


Shockwave therapy is generally considered as one part of rehabilitation. Exercises, stretching, strengthening, activity changes, and other physiotherapy approaches may also be recommended depending on the individual's needs.

What Is Laser Therapy?

Laser therapy uses focused light energy that is applied to a selected treatment area. It may be used within physiotherapy care for certain acute or ongoing muscle, joint, tendon, and soft-tissue concerns.

The treatment area and settings are selected according to the individual's condition and the physiotherapist's assessment. Laser therapy may be used alongside other rehabilitation techniques when appropriate.



Conditions That May Be Considered

Laser therapy may be considered for a range of musculoskeletal concerns, including:



Neck pain



Shoulder discomfort



Back pain



Sports-related injuries



Plantar fasciitis



Bursitis



Arthritis-related symptoms



Certain disc-related concerns



Carpal tunnel symptoms



TMJ-related concerns



Selected soft-tissue injuries



Having one of these conditions does not automatically mean that laser therapy is appropriate. Each person's symptoms and physical findings can be different.



A physiotherapist can assess the affected area and discuss whether laser therapy may be included in the rehabilitation plan. Treatment may also involve exercises, movement training, manual therapy, and other approaches that support functional recovery.

Shockwave And Laser Therapy For Common Concerns

How May Shockwave And Laser Therapy Fit Into Physiotherapy?

Muscle and tendon concerns can sometimes affect walking, exercise, work, sports, and everyday activities. Physiotherapy may involve several treatment approaches depending on the source of the symptoms.

Shockwave therapy may be considered for certain tendon and soft-tissue concerns. Laser therapy may also be considered for selected muscle, joint, and soft-tissue conditions.



Sports And Activity-Related Concerns

People who participate in sports or regular physical activity may experience repetitive strain, tendon discomfort, muscle problems, or other injuries. A rehabilitation program can focus on movement, strength, flexibility, and gradual return to activity.



Foot And Heel Concerns

Plantar fasciitis and other foot-related problems can affect walking and standing. Depending on the assessment, treatment may include exercises, mobility work, activity guidance, and modalities such as shockwave or laser therapy.



Shoulder And Neck Concerns

Neck and shoulder symptoms can be related to movement patterns, muscle tension, joint problems, or other factors. Treatment is selected according to the findings from the assessment.



Back-Related Concerns

Back pain can have different causes. Physiotherapy may include movement exercises, strengthening, mobility work, education, and selected treatment modalities when appropriate.



The goal is to create a treatment plan that relates to the **Individual's symptoms, movement needs, and daily activities.**

What To Expect During Treatment



Shockwave Therapy



Laser Therapy



1 Your Shockwave And Laser Therapy Appointment



Before beginning treatment, a physiotherapist may ask about your symptoms, medical history, daily activities, previous injuries, and treatment goals.



A physical assessment may then look at movement, strength, flexibility, posture, and the area causing concern. This information can help determine which treatment approaches may be suitable.

2 During Shockwave Therapy



The physiotherapist applies the shockwave device to the selected treatment area. The sensation can vary depending on the area being treated and the treatment settings.



The clinician can explain the process before starting and make adjustments according to the patient's response.

3 During Laser Therapy



Laser therapy involves applying the treatment device to the selected area. The treatment settings and duration can vary according to the condition and treatment plan.



Appropriate eye protection and treatment procedures are followed when laser therapy is used.

4 After Treatment



Your physiotherapist may recommend exercises, movement activities, stretching, strengthening, or changes to certain activities after treatment. These recommendations can help support the overall rehabilitation plan.



Follow-up appointments may be used to review changes in symptoms and movement and adjust the treatment plan when needed.

A Physiotherapy Approach To Recovery

Combining Treatment With Rehabilitation

Shockwave and laser therapy may be used as part of a wider physiotherapy program. Depending on the condition, a treatment plan may include several components.



1 Exercise



Exercises may help improve strength, mobility, balance, and movement control. The exercises selected can be adjusted according to the individual's current abilities and goals.

2 Manual Therapy



Manual techniques may be used when appropriate to address movement restrictions and support physical function.

3 Activity Guidance



Changes to daily activities, work tasks, exercise routines, or sports participation may be discussed when these activities are contributing to symptoms.

4 Gradual Return To Activity



For people recovering from an injury, returning to normal activities gradually may help manage physical demands. The pace can depend on the condition, symptoms, strength, mobility, and activity requirements.

5 Individual Treatment Planning



Not every patient requires the same combination of treatments. Shockwave therapy, laser therapy, exercise, and other physiotherapy techniques may be selected according to the assessment.



The purpose of combining these approaches is to **address the individual's movement and functional needs** rather than relying on one treatment method alone.

Central Physiotherapy & Massage **Camrose**

Shockwave And Laser Therapy In **Camrose**

Central Physiotherapy & Massage provides physiotherapy care in Camrose, Alberta. Shockwave and laser therapy may be included in physiotherapy treatment for selected muscle, tendon, joint, and soft-tissue concerns.



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Shockwave Therapy

Laser Therapy



Joint
Concerns



Muscle
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Tendon
Concerns



Sports
Injuries



Soft-Tissue
Concerns