

Press Release

Dr. Lee Cohen and Associates introduces interactive non-invasive release for heel pain.

Dr. Lee Cohen and Associates have become authorized treatment location for the relief of soft tissue pain such as tendonitis, plantar fascistic and heel pain by using extra corporeal shock wave therapy. Their affiliation with ESWT has provided pain relief in up to 90% of patients treated for chronic tendonitis in foot, leg and ankle.

This form of therapy was once only available in Europe and is now available here in the US.

ESWT (Electro Shock Wave Therapy) is available in two different formats. In one format, a high energy format, which requires fewer visits for treatment of inflammation anesthesia is required by no hospital stay. In the other form, a low energy form, the treatment does not require hospital stay, invasive surgery or anesthesia. The low energy form may require several visits, however excellent results have been obtained.

ESWT works by generating electro magnetic coustic shock waves which can be directed and focused to your area of discomfort in the foot, ankle or leg. The area of discomfort is first localized and identified through ultrasound imaging.

The treatment consists of initiating a pre set number of pulses or shock waves. As the treatment progresses, the shock waves or pulses are graduated to an energy level necessary for therapeutic effect.

The shock wave therapy or pulse therapy has been postulated to reduce pain and inflammation by changing the structures around the cell membranes by inhibiting nerves that generate sensation of pain.

It has also been postulated that shock waves cause chemical alteration and / or formation of chemical compounds in the effective inflamed area resulting in reduction of painful stimuli.

The hyper stimulation and analgesia which occurs during low energy shock wave treatments stimulates nerves through a complicated pathway eventually inhibiting pain transmission.

Shock wave therapy has also been postulated to increase blood supply to the effective area and therefore helping to remove the inflammatory product causing the inflammation quickly.

You may require anywhere from 1-3 treatments before you obtain relief. It may take up to 12 weeks from the time of your last treatment to feel complete relief. This treatment will be available at all of Dr. Lee Cohen's locations. To schedule an appointment and consultation please call (610) 522-9200.

