

ESWT TREATMENTS

- 1. **Plantar Fasciitis**:** It occurs as a result of inflammation of the thick connective tissue called plantar fascia on the sole of the foot. This condition, which usually causes the most intense pain in the heel, may be more noticeable when taking a step or when you first get up in the morning. It may worsen with activities such as standing for long periods of time or running.
- 2. **Achilles Tendonitis**:** The Achilles tendon is a strong tendon that connects the calf muscles to the heel. Tendonitis is characterized by inflammation of the tendon and pain, and is often common among runners and athletes. The pain is concentrated where the tendon attaches to the heel and may increase with activity.
- 3. **Lateral Epicondylitis (Tennis Elbow)**:** It is a condition that develops due to overuse of the tendons on the epicondyle on the outside of the elbow. It may occur during playing tennis or other repetitive hand and wrist movements. Pain may worsen with movements such as squeezing the hand and grasping objects.
- 4. **Medial Epicondylitis (Golfer's Elbow)**:** It is caused by overuse of the tendons on the epicondyle on the inside of the elbow. Activities such as playing golf or other repetitive hand and wrist movements can trigger this pain.

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- 5. **Rotator Cuff Tendinitis**:** It is an inflammation of the tendons of the rotator cuff muscles in the shoulder. It may cause pain and limitation of movement in movements such as turning and lifting the shoulder.
- 6. **Trochanteric Bursitis**:** It is the inflammation of the bursa located on the greater trochanter in the hip area. A bursa is a small sac that reduces friction between bones and muscles or tendons. This condition can cause pain during activities such as walking or climbing stairs.
- 7. **Patellar Tendinitis (Jumper's Knee)**:** It occurs as a result of inflammation of the patellar tendon under the kneecap. It is often associated with sports that require jumping and causes pain in the knee.
- 8. **Calcific Tendinitis**:** It is a painful condition caused by the accumulation of calcium salts in the tendon. It usually occurs in the tendons in the shoulder and can cause pain during movement.
- 9. **Chronic Shoulder Pain**:** Long-term shoulder pain can often be caused by rotator cuff injury, arthritis, or other shoulder conditions. It is characterized by pain, limitation of movement and weakness.

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10. ****Accelerating the Healing of Bone Fractures****: Extracorporeal Shock Wave Therapy (ESWT) is a treatment method that has been shown to accelerate the healing process of bone fractures.
11. ****Diabetic Foot Ulcers****: These are wounds that occur on the feet of diabetic patients due to high levels of blood sugar and are difficult to heal. These ulcers can lead to infection and complications, and in severe cases, even amputation.
12. ****Shin Splints (Medial Tibial Stress Syndrome)****: It is a condition that causes pain in the muscles near the bone in the lower leg.
13. ****Morton's Neuroma****: It is a painful condition that usually occurs as a result of compression of the nerves at the base of the third and fourth toes. This compression usually manifests itself with a burning sensation, numbness and pain.
14. ****Hallux Rigidus (Hardening of the Big Toe)****: It is a condition of restriction and stiffening of movement in the metatarsophalangeal (MTP) joint of the big toe. This condition usually manifests itself with pain and limitation of movement and can make walking difficult.

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15. ****Scaphoid Bone Non-Healing Fractures****: These are fractures that occur in the scaphoid bone near the wrist and do not heal. The healing process of such fractures can be difficult and long due to low blood flow.

16. ****Stress Fractures****: These are small cracks that occur as a result of excessive or repetitive stress on bones. It usually occurs in the foot and leg bones of athletes and can occur during high-impact activities.

17. ****Osteonecrosis (Death of Bone Tissue)****: It is a condition that occurs as a result of decreased or interrupted blood flow to bone tissue. This condition can lead to bone tissue dying and collapsing, and is especially common in the hip bones.

18. ****Osteoarthritis (Joint Calcification)****: It is a chronic disorder characterized by the erosion of cartilage tissue in the joints. It manifests itself with symptoms such as pain, swelling and limitation of movement.

19. ****Tibial Edge Syndrome****: It is a condition that causes pain along the tibia (shin bone), usually seen in runners. It is also known as shin splint and can develop due to overuse.

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20. ****Bursitis****: It is a condition that occurs due to inflammation of small sacs called bursa in the joints. It is characterized by pain, swelling and discomfort during movement.

21. ****Myofascial Pain Syndromes****: These are conditions where trigger points within the muscle cause pain. These trigger points can be painful when pressure is applied and lead to chronic pain.

22. ****Fibromyalgia****: It is a chronic disorder characterized by widespread muscle pain, fatigue and tenderness throughout the body. The exact cause is unknown and treatment is complex.

23. ****Non-union Fractures****: These are cases where the fracture ends do not heal and unite in a normal time. Such fractures often require additional treatment methods.

24. ****Painful Trigger Points****: These are tender points within the muscle that cause localized pain. These points are usually associated with tight fiber clusters within the muscle and pain is felt when pressure is applied.

25. ****Sports Injuries****: It refers to injuries of muscles, tendons and other tissues that occur during sports activities. These can take various forms, such as sprains, dislocations, strains and tears.

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26. ****Muscle Spasms****: Involuntary and often painful contraction of muscles. It can be triggered by reasons such as electrolyte imbalances, dehydration or muscle fatigue.

27. ****Muscle-Tendon Injuries****: Injury or damage to muscles or tendons. It may occur as a result of overuse, sudden movements or inadequate heating.

28. ****Tendon Tears (Partial)****: These are partial tears that occur in the tendons. It usually occurs as a result of sudden loading or excessive stretching and can cause pain and limitation of movement.

29. ****Nodules on Vocal Cords****: These are small, hard nodules on the vocal cords, usually caused by excessive or incorrect voice use. This can affect the quality of the voice and cause hoarseness.

30. ****Carpal Tunnel Syndrome****: It is a condition that occurs as a result of compression of the median nerve passing through the wrist. It may cause numbness, pain and loss of strength in hands and fingers.

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31. **Capsulitis:** It is a condition characterized by pain and limitation of movement as a result of inflammation of the joint capsule. The shoulder joint is most commonly affected and is also known as "frozen shoulder".

32. **Nerve Compression:** It is a condition that manifests itself with symptoms such as pain, numbness or tingling, resulting from the compression of a nerve anywhere in the body.

33. **Iliotibial Band Syndrome:** It is a condition in which the iliotibial band is a thick connective tissue that extends between the hip and knee and causes pain in this area as a result of overuse.

34. **Ischial Bursitis:** It is a painful condition that occurs as a result of inflammation of the bursa located near the ischial tuberosity.

35. **De Quervain Tenosynovitis:** It is a painful condition that occurs when the thumb is moved, as a result of inflammation and swelling in the sheath of the tendons at the base of the thumb.

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36. **Trigger Finger (Stenosing Tenosynovitis):** It is a condition that makes it difficult to bend or straighten the finger as a result of narrowing and inflammation in the tendon sheath of a finger.

37. **Spinal Disc Herniations:** It is a condition characterized by deterioration in the structure of the spinal discs (intervertebral discs), the protrusion of disc material into the spinal canal, and usually causes pain, numbness or loss of strength.

38. **Pes Anserinus Bursitis/Tendinitis:** It is a condition characterized by inflammation of the bursa or tendons in the pes anserinus region, where three tendons meet on the inner side of the knee. It manifests itself with pain, swelling and tenderness.

39. **Accelerating the Healing Process in Collarbone Fractures:** There are various methods to accelerate the healing process of collarbone fractures. These methods may include appropriate immobilization, physiotherapy, and in some cases, surgical intervention.

40. **Meniscus Tears:** It is the tearing of the cartilage structure called meniscus in the knee joint. It can cause pain, swelling and limitation of movement in the knee.

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41. ****Osgood-Schlatter Disease****: It is a growth plate disorder characterized by pain in the front of the knee, usually seen in young athletes during adolescence.

42. ****Root Syndromes****: Painful conditions that occur as a result of compression or damage to a specific nerve root. It is usually seen in the waist and neck area and causes symptoms such as pain, numbness or tingling.

43. ****Spondylolysis and Spondylolisthesis****: Spondylolysis, cracking of the spinal bones (vertebrae); Spondylolisthesis is a condition in which the bones of the spine slip relative to each other. It causes pain, limitation of movement and neurological symptoms.

44. ****Pseudoarthrosis (False Joints)****: It is the formation of a joint-like structure as a result of a bone fracture that is normally expected to heal, not healing. It may cause decreased mobility and pain.

45. ****Adhesive Capsulitis (Frozen Shoulder)****: It is a condition characterized by tightening and thickening of the capsule of the shoulder joint, making movements stiff and painful.

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46. ****Metatarsalgia****: It is a condition characterized by pain and inflammation under the metatarsal bones in the forefoot. Pain may be felt during activities such as walking and running.

47. ****Knee Osteoarthritis****: It is a type of arthritis characterized by the wear and tear of the cartilage tissue in the knee joint, causing pain, swelling and limitation of movement in the joint over time.

48. ****Ankle Distortions****: Damages caused by sprain or strain of the ankle. It is characterized by stretching or tearing of ligaments.

49. ****Post-Mastectomy Lymphedema****: It is the swelling that occurs after breast cancer treatment, usually in the arm on the operated side, due to the accumulation of lymph fluid as a result of impaired lymph circulation.

50. ****Dupuytren's Contracture****: It is a condition that causes the fingers to bend and restrict movement as a result of thickening and shortening of the tissues in the hand.

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51. ****Peyronie's Disease****: It is a condition characterized by curvature of the penis and pain during erection as a result of plaque formation in the penis.
52. ****Chronic Prostatitis/Chronic Pelvic Pain Syndrome (CPPS)****: Conditions associated with chronic pelvic pain and prostate inflammation. It may manifest itself with symptoms such as pain, urination problems and sexual dysfunction.
53. ****Femoroacetabular Impingement (FAI)****: It is a condition where the bones in the hip joint rub abnormally and this friction can cause pain, limitation of movement and long-term joint damage.
54. ****Hamstring Tendinitis****: Inflammation of the tendons of the hamstring muscles in the back of the thigh, usually characterized by pain, swelling and limitation of movement.
55. ****Hip Bursitis****: Painful conditions caused by inflammation of the bursae in the hip area. This condition may manifest itself with pain in walking, sitting and lying positions.
56. ****Intercostal Neuralgia****: Pain that occurs as a result of compression or damage to the nerves between the ribs and is aggravated by deep breathing, coughing and movements.

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57. ****Jumper's Knee (Patellar Tendinitis)****: Pain and inflammation caused by overuse of the patellar tendon under the kneecap. It is often seen in athletes who do jumping sports.

58. ****Cauda Equina Syndrome****: It is a serious condition that occurs when the nerve roots in the lower part of the spinal canal are compressed and may cause symptoms such as sudden low back pain, weakness in the lower extremities and urinary retention.

59. ****Coccygodynia (Coccyx Pain)****: Pain in the coccyx area that is aggravated by sitting or certain movements.

60. ****Complex Regional Pain Syndrome (CRPS)****: A condition characterized by extreme pain, discoloration, temperature change, and sensitivity in a limb, usually after an injury.

61. ****Cubital Tunnel Syndrome****: A condition characterized by compression of the ulnar nerve on the inside of the elbow and can cause numbness, tingling and pain in the hand.

62. ****Lumbago (Low Pain)****: It is a general term for pain occurring in the lower back area.

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63. ****Meralgia Paresthetica****: Compression of the lateral femoral cutaneous nerve causing burning sensation, tingling and loss of sensation in the outer thigh.

64. ****Neuropathic Pain****: Chronic pain condition caused by nerve damage, usually felt as a burning sensation, tingling or stinging.

65. ****Osteitis Pubis****: Inflammation and pain of the pubic bone and surrounding structures is a condition seen especially in athletes.

66. ****Peroneal Tendinitis****: Inflammation and pain in the peroneal tendons on the outside of the foot, usually felt around the ankle.

67. ****Piriformis Syndrome****: Painful condition caused by compression of the sciatic nerve under the Piriformis muscle, usually causing pain in the hip and back of the thigh.

68. ****Plantar Fibromatosis (Ledderhose Disease)****: A condition characterized by the formation of nodules in the plantar fascia, on the sole of the foot. These nodules can be painful and make walking difficult.

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69. ****Pseudogout (CPPD)****: A joint inflammatory condition that occurs as a result of the deposition of calcium pyrophosphate dihydrate crystals in the joints and has symptoms similar to gout, but is different from gout.

70. ****Radial Tunnel Syndrome****: A condition characterized by compression of the radial nerve on the outer side of the arm. This compression can cause pain, numbness, or weakness in the arm, especially in the back of the hand.

71. ****Sacroiliac Joint Pain****: Painful condition of the sacroiliac joint located in the waist and hip area. This joint connects the spine to the pelvis, and problems in the joint can lead to lower back and hip pain.

72. ****Sacroiliac Joint Pain****: The sacroiliac joint connects the lower part of the spine (sacrum) to the hip bones (ilium). Inflammation or malfunction of this joint can cause pain. Pain is usually felt in the waist and hip area.

73. ****Scaphoid Fractures****: The scaphoid is a small bone located in the wrist. Fractures of this bone are common, especially after falls, and usually lead to pain, swelling and loss of function of the hand.

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74. ****Spondylosis (Spine Arthritis)****: It is a condition characterized by degenerative changes in the spinal joints and is usually associated with aging. This condition can cause stiffness and decreased spinal movements.
75. ****Tarsal Tunnel Syndrome****: It occurs as a result of compression of the nerve in the tarsal tunnel located on the inside of the ankle. This can cause symptoms such as pain, burning, and numbness or tingling in the foot.
76. ****Temporomandibular Joint Dysfunction (TMJ)****: Due to dysfunction of the jaw joint (temporomandibular joint), it may cause symptoms such as jaw pain, difficulty in chewing, and sometimes limited jaw movements.
77. ****Tenosynovitis****: It is an inflammation of the sheath around the tendons and can cause pain and limitation of movement in the affected area.
78. ****Ulnar Neuropathy****: It occurs as a result of compression or damage to the ulnar nerve at any point. Symptoms such as numbness, tingling or loss of strength are usually observed in the ring finger and little finger of the hand due to compression in the elbow.

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79. ****Weight Loss****: It is defined as the process that aims to reduce excess body weight through healthy nutrition and regular exercise.

80. ****Skin Scarring and Pregnancy Stretch Marks****: Treatments aimed at reducing scars and sagging of the skin. ESWT improves the appearance of skin scars by improving blood circulation under the skin and stimulating the production of new collagen.

81. ****Lipoma****: Benign tumors of soft tissue that are usually harmless and consist of fatty tissue. ESWT can be applied to reduce the size of small lipomas, but surgical methods are generally preferred for large lipomas.

82. ****Lipedema****: A chronic condition characterized by abnormal fat accumulation in the legs and sometimes the arms, especially in women. ESWT may be helpful in reducing pain caused by lipedema and improving tissue stiffness.

83. ****Herniated Disc****: It may cause pain, numbness or loss of strength by putting pressure on the nerves due to damage or tear in the discs of the spine. ESWT can be used to reduce pain caused by a herniated disc and support the healing process.

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