

Extracorporeal Shock Wave Therapy

A proven treatment option that improves quality of life

Dear Patient,

If you suffer from chronic pelvic pain syndrome (CPPS), you are not alone – it’s a condition that affects millions of men, most commonly aged between 35 and 45. The good news is that, depending on the cause, various therapeutic options are now available.

One proven treatment method is Extracorporeal Shock Wave Therapy (ESWT). This involves the prostate and the pelvic floor being treated from outside the body using shock waves. This therapy is simple, straightforward, can be repeated at any time, and studies have shown it to be almost free from side effects.^{1,2}

This leaflet provides you with information on shock wave therapy and how it can help you. And if you have any questions, please don’t hesitate to ask!

Your healthcare team

The practice near you:



Chronic pelvic pain syndrome (CPPS) Patient Information

Extracorporeal Shock Wave Therapy (ESWT)
What we can do to make life easier for you.

¹ Fojecki, G. L.; Tiessen, S.; Osther, P.J.S.: Extracorporeal shock wave therapy (ESWT) in urology: a systematic review of outcome in Peyronie’s disease, erectile dysfunction and chronic pelvic pain, World Journal of Urology, 2017, 35(1), 1-9.

² Vahdatpour, B.; Alizadeh, F.; Moayednia, A.; Emadi, M.; Khorami, M. H.; Haghdani, S.: Efficacy of Extracorporeal Shock Wave Therapy for the Treatment of Chronic Pelvic Pain Syndrome: A Randomized, Controlled Trial, ISRN urology, Hindawi Publishing Corporation, 2013, 1-6.

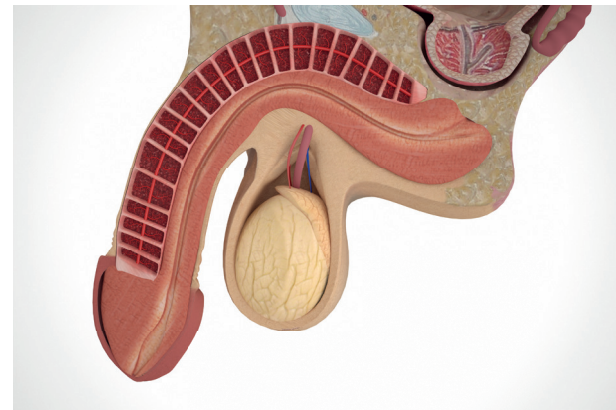
³ Zimmermann, R.; Cumpasas, A.; Miclea, F.; Janetschek, G.: Extracorporeal shock wave therapy for the treatment of chronic pelvic pain syndrome in males: a randomised, double-blind, placebo controlled study, European urology, Elsevier, 2009, 56, 418-424.





Chronic pelvic pain syndrome (CPPS)

Chronic pelvic pain syndrome (CPPS), also known as chronic abacterial prostatitis, is characterized by pain in the region of the pelvic floor. Other symptoms are problems with voiding the bladder (micturition problems) without any urinary tract infection being detected. Some patients also experience erectile dysfunction.



It is not yet precisely known what causes this condition to develop. Earlier inflammation of the prostate may be involved. The prostate appears to play a key role in this disorder, as do adjacent organs, nerves and muscles.

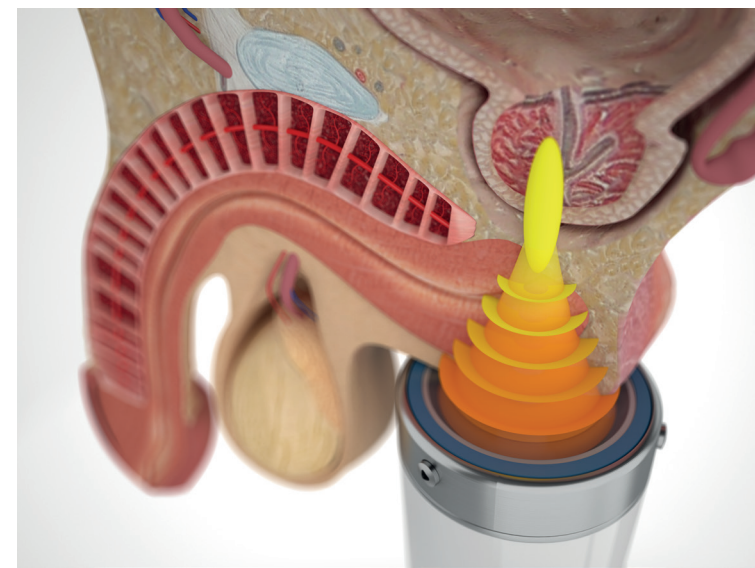
Before your doctor treats you for pelvic pain syndrome, they must first rule out all other possible diagnoses that could result in similar symptoms.

Treating CPPS

Here, Extracorporeal Shock Wave Therapy (ESWT) involves applying shock waves to the prostate and the pelvic floor. In a study³ from 2009, all patients showed statistically significant improvement (compared with a placebo group) in terms of pain, quality of life and voiding conditions.

A further study² demonstrated that ESWT is a safe and temporarily effective treatment for CPPS.

A therapy session generally lasts about 15 minutes. On average, between four and eight sessions are required, depending on severity and how the patient responds to treatment.



What are shock waves?

Shock waves are audible high-energy sound waves. Since as long ago as 1980, they have been successfully used in medicine to treat many conditions, one such application being orthopaedic pain management.

Why is this procedure known as Extracorporeal Shock Wave Therapy? The term »extracorporeal« means »outside the body«, which is where these shock waves are generated. A therapy device is used to introduce them into the body, where they exert their effect. Depending on the field of application, the waves may be applied at either high or low doses.

A major benefit of this treatment option is that, it is almost risk-free, pain-free and free from side effects.