

Shockwave therapy

If you are living with pain caused by tendon dysfunction, such as tennis elbow or Achilles tendinopathy, you may benefit from shockwave therapy. We believe the key to relieving painful conditions is by acting sooner, through quick and effective treatments.

Allowing you to carry on with everyday life



Shockwave therapy (also called Extracorporeal Shockwave Therapy, or ESWT) is a treatment that uses a machine to deliver a mechanical shockwave into the affected tissues, helping relieve your pain and stimulating healing by increasing blood flow.

The shockwave treatment is usually delivered in three to five sessions, delivered as a part of a 30 minute appointment. With non-invasive treatment and no need for a hospital stay, you can walk in and out the same day and carry on with your everyday activities. Please note, while you can have a consultation for shockwave therapy at either of our facilities, the treatment sessions will take place at KIMS Hospital in Maidstone.

Prices & payment

Please call us for a price

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



Chris Andrews

Available at
KIMS Hospital

[View profile](#)



Samantha Beckett

Available at
KIMS Hospital

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Wakila Hettiarachchi

KIMS Hospital+1 location

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Zaryab Khan

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Mihaela Owen

Available at
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Gary Weaver



KIMS Hospital+1 location

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Shockwave therapy FAQs

Who is shockwave therapy for?

Shockwave therapy is commonly used to treat painful conditions such as:

- Plantar fasciitis
- Achilles tendonitis
- Tennis/golfers elbow
- Hip bursitis
- Rotator cuff tendons

Your Therapist will be able to discuss your options for treatment to determine whether shockwave therapy is appropriate for your needs.

Where will my treatment take place?

Regardless of where you had your initial consultation or tests, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

Does shockwave therapy hurt?

You may find the affected area is tender, irritated or red during or following your treatment, but this is usually short-lived.

Will I need any other treatment?

It is recommended that shockwave therapy is carried out alongside traditional physical therapy and stretching to support an effective recovery.



Whilst some patients experience excellent pain relief after shockwave therapy, unfortunately the treatment can be unsuccessful in some patients. If this is the case, it may be necessary for your therapist to refer you for additional treatments. They will be able to advise which treatments are available at each of our locations.

What is the cost of private shockwave therapy at KIMS Hospital?

A private shockwave therapy at KIMS Hospital starts from £Call us for a price. You can use private medical insurance or pay for yourself. Flexible payment plans are available to spread the cost.