



This May Shock You

How shockwave therapy is changing the face of recovery for weekend warriors and pro athletes alike.

STEPHEN ZOLPER was reduced to walking with crutches because of his chronic left knee pain caused by osteonecrosis, a condition where bone tissue begins to die due to loss of blood flow. A round of physical therapy didn't help, and Zolper resigned himself to undergoing knee surgery that doctors weren't even sure would work.

In a last attempt to avoid surgery and repair his knee, Zolper did his own research and found a

technology called Radial Shockwave Therapy offered by Dr. David Nadler in Newtown Square. This non-invasive technology uses sound waves to treat a variety of injuries to the body's muscles, tendons and ligaments.

After traveling from Baltimore to receive a series of five treatments over six weeks, Zolper could walk pain-free without crutches. A follow-up MRI showed the bone was nearly 100 percent healed. Zolper was

so happy with the results that he returned to Dr. Nadler two years later to have the procedure on his other knee. "My knees are stronger now than ever," Zolper says.

Dr. Nadler has been treating patients of all ages with Storz Radial Shockwave Therapy for more than 10 years.

"It's the most advanced, non-surgical, FDA-approved treatment option for musculoskeletal disorders today," he says.



THE TREATMENT

Jumpstart Your Joints

This decades-old treatment is getting a moment in the spotlight. Here's how it works.

► Radial Shockwave Therapy has been widely used in Europe for decades. Contrary to its name, there is no electrical "shock" involved. Instead, the technology works by using a handheld device attached to the shockwave unit to direct high-energy sound waves into areas of the body that are suffering from chronic pain.

The focused sound waves cause micro trauma, increase blood flow to the injured area, and stimulate an acute inflammatory response, aiding the healing process.

"Think of it as 'waking up' the body's own inflammatory response," says Dr. Nadler. "This creates a cascading effect that initiates and accelerates the healing process, taking injured tissue from a degenerative to a regenerative state."

It also reverses chronic inflammation, stimulates collagen, breaks up calcium deposits and creates angiogenesis, the making of new blood vessels. Radial Shockwave Therapy involves no anesthesia, no risk of infection, no scarring and no downtime. This makes it an increasingly popular choice among athletes, but it's a good option for patients of all ages and athletic abilities.

It can help with a variety of injuries, including tennis elbow, plantar fasciitis, frozen shoulder, patellar tendonitis and chronic lower back pain, among others.



MEET THE EXPERT

The go-to chiropractic doc for pro athletes and beyond.

Dr. David W. Nadler is the team chiropractic physician for the Philadelphia Wings and World Team Tennis with Billie Jean King and treats athletes in the NBA, MLB, NFL and MLS. A member of the International Society of Medical Shockwave Treatment, he also stays abreast of the latest advances in Radial Shockwave Therapy.



Dr. David W. Nadler & Associates offers cutting-edge chiropractic services in a caring and state-of-the-art environment. If you are experiencing shoulder pain or discomfort in your neck, back, head or other extremities, contact Dr. David W. Nadler & Associates for an initial consultation at 610-353-3888.