

Making Strides in Podiatry with Shock Wave Therapy: Kinas Medical Technologies

By Cierra Flythe

At **Kinas Medical Technologies**, we amplify healing through our clinically proven technologies, vital expertise and client-centric care. While our technology is modern, our story goes back to 1990.

Kinas Medical Technologies' founder and owner, Gerhard Kinas, brings 30 years of experience in shock wave therapy research, expansion and evolution. Born and educated in Germany—considered the birthplace of shock wave technology—Kinas holds a degree in medical technology. He began his career at STORZ MEDICAL AG, a Swiss shock wave technology manufacturing organization that is known for expanding the knowledge of shock wave therapy benefits.

He was involved in the research, development and distribution of extracorporeal shock wave therapy, as well as part of the establishment of its use in urology. Later, he supported the orthopedic applications, using it on elite athletes. In his career with STORZ MEDICAL, Kinas supported the sports medicine team for the German National athletes at the 1996 Olympic Games in Atlanta. During that time, he saw the potential to integrate this innovative technology into the United States, where it was just getting started.

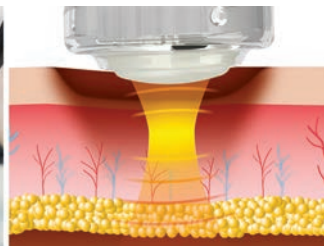
In 2000, Kinas founded our company, specializing in promoting, educating and distributing non-invasive shock wave technology in the U.S. At the time, it could only be utilized in veterinary medicine, but in 2003 it received FDA approval for podiatry applications. Podiatry applications were once treated in a hospital setting, and can now be treated in a doctor's office directly. Since then, its use has expanded and now includes urology, orthopedics, wound care, regenerative medicine and aesthetics. With particular focus on podiatry applications, our focused shock wave unit, STORZ DUOLITH® ULTRA, has FDA approval for the treatment of plantar fasciitis and diabetic foot ulcers.

Q: What is extracorporeal shock wave therapy?

A: Shock wave therapy is a modern, non-invasive treatment that uses high-intensity sound waves (acoustic pulses) to interact with and help promote healing faster and more effectively—with no downtime. Shock wave therapy is divided into two categories: Radial shock wave therapy (also known as radial pressure wave therapy), which is designed for a larger area, and focused shock wave therapy, which is a more concentrated solution that penetrates deeper into the tissue.

Q: How does radial shock wave technology work?

A: This is a ballistics system that generates the sound wave. With compressed air, a projectile is accelerated into the back of this applicator. The Kinetic Energy of this impact is then transmitted into the tissue, triggering the tissue's regenerative and healing processes at a cellular level.



Q: How does focused shock wave technology work?

A: Focused shockwaves are generated through a cylindrical coil based on electromagnetic induction creating opposing magnetic fields when current is applied. This causes the coil

membrane to rapidly move and generate a pressure wave in the surrounding fluid medium and focus the shock waves using a rotation paraboloid.

Q: What is the typical treatment plan?

A: Standard sessions last approximately 10-15 minutes. During that time, 1,500—3,000 pulses are administered per treatment, with the precise number varying based on the patient's diagnosis. The more chronic the indication, the more sessions may be required. Most conditions are treated within three to five sessions spaced at weekly intervals. Each session is conducted without sedation and patients can resume most normal activity after treatment.

Q: Does Kinas Medical Technologies offer training?

A: Yes! Kinas Medical will provide on-site or virtual professional training for qualified personnel at each location that enters into an agreement to obtain a shock wave therapy unit.

Some indications that benefit from shock wave therapy:

- Plantar Fasciitis (FDA Approved)
- Chronic Pain
- Diabetic Neuropathy
- Diabetic Foot Ulcers (FDA Approved)
- Calcifications
- Achilles Tendinitis
- Sprains/Strains
- Delayed Bone Healing
- Osteoarthritis & Other Degenerative Bone Diseases



ESWT is ideal for patients who have experienced plantar fasciitis for at least 6 months.

“Extracorporeal Shock Wave Therapy is usually recommended as the next step for patients who have tried more conservative treatments and have been met with limited success. It is a highly successful therapy for those suffering from chronic recurring pain, such as patients who experience strain every time they place weight on their heel.”

— Foot First Podiatry, Albany, NY

“Shock Wave} therapy is a safe and effective alternative treatment for heel pain and only requires a very short recovery time, due mainly to the elimination of costly and invasive surgical procedures.”—Northside Podiatry, Atlanta, GA

To learn more about shock wave technology, visit our website: www.KinasMedical.com or click here.

For more personalized support towards adding shock wave to your practice—email us at info@KinasMedical.com.