Shockwave for the Foot & Ankle Musculoskeletal Patient

12/07/2026 7:00 PM Eastern

Live Virtual Webinar

Chronic plantar heel pain and Achilles tendinopathy are the foot and ankle conditions with the most randomized trial evidence for shockwave. This program reviews that evidence, including trials that did not show benefit, and separates randomized findings from lower-level studies. Faculty explain why midportion and insertional Achilles tendinopathy are approached differently, and briefly review the thinner evidence for other foot and ankle uses. The second half is practical: identifying appropriate candidates, screening for contraindications, matching the device to the depth of the target tissue, and walking through a typical treatment session, including parameters, expectations and follow-up with validated outcome measures.

Learning Objectives:
At the conclusion of this activity, participants will be able to:
1. Identify foot and ankle musculoskeletal patients who are appropriate candidates for low- or medium-energy shockwave, and recognize contraindications.
2. Summarize the evidence for shockwave in chronic plantar heel pain and Achilles tendinopathy, distinguishing randomized trial findings from lower-level evidence.
3. Describe the steps of a typical shockwave treatment session, including device selection by tissue depth, treatment parameters and follow-up.

Intended Audience: Podiatrists **Fees:** $ 0.00 **Refund Policy: N/A**

In-House CME is accredited by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. In-House CME has accredited this activity for a maximum of 1.0 continuing education contact hour.

In-House CME, LLC has designated an unrestricted educational grant from the following commercial entities for this educational activity:
Softwave TRT

Panelists

Lee Firestone, DPM



Originally from Bergen County, New Jersey, Dr. Lee Firestone has built an impressive career in podiatric medicine. He earned his Bachelor of Science in Biology from SUNY Stony Brook and his Doctorate in Podiatric Medicine from Temple University School of Podiatric Medicine. Dr. Firestone completed his surgical residency at Medstar Washington Hospital Center and has since practiced as a podiatrist for over 30 years.

Dr. Firestone is a partner at USFAS and a Fellow of both the American College of Foot and Ankle Surgeons and the American Academy of Podiatric Sports Medicine.

In his spare time, Dr. Firestone is an avid runner and outdoor enthusiast. He serves as a running coach with Maryland's Montgomery County Road Runners and has completed 18 marathons, including five Boston Marathons. Dr. Firestone and his wife live in Montgomery County, Maryland, where they enjoy spending time with their two daughters and son.

Disclosures: No financial relationships with commercial interests to disclose.

Planning Committee and Disclosures

Barbara Bellione — Committee member
No financial relationships to disclose.

Amanda Howell — Committee member
No financial relationships to disclose.

Jeffrey Frost — Committee member
No financial relationships to disclose.

Robin Low — Committee member
No financial relationships to disclose.

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No financial relationships to disclose.

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