



Norfolk and Suffolk Health and Care Awards 2026

Hospital to Community Award

Shockwave Project

Allied Health Professionals Suffolk CIC

This nomination recognises a team delivering shockwave therapy for lower-limb tendinopathies in a high-quality, fast-paced community setting, reducing reliance on hospital orthopaedic pathways. These conditions can significantly affect mobility, function, and quality of life, and patients were previously facing long waits, hospital referrals, and possible surgery. In response, the team invested in shockwave technology and specialist training to offer an evidence-based service locally. Despite not being formally commissioned, they chose to fund and deliver the service to improve patient care and support the NHS ambition to shift treatment into community settings.

The team demonstrated exceptional commitment by absorbing financial and operational risk to prioritise patient outcomes. They redesigned the pathway to ensure timely access and effective care, including managing the logistical challenge of delivering treatment sessions at appropriate intervals. Clinicians rapidly adapted to new ways of working, embedding these skills across the community MSK workforce and ensuring safe, consistent delivery across Suffolk. This approach has reduced pressure on secondary care by preventing unnecessary referrals and surgeries.

The impact has been significant. By April 2026, 112 patients had been treated and discharged home, with 94% requiring no follow-up and only 9 referred to orthopaedics. The service has improved patient access, outcomes, and experience while delivering estimated cost savings of £75,000–£102,000 through reduced outpatient and surgical activity. It provides a scalable model for expanding community-based shockwave treatment.