

## Two-time Olympic medalist Galen Rupp relies on ESWT and EMTT



Galen Rupp is one of the greatest American long-distance runners of all time. He competed in the Summer Olympics in 2008 in Beijing, 2012 in London (silver medal in the men's 10,000 meters), 2016 in Rio de Janeiro (bronze medal in the men's marathon), and 2021 in Tokyo. He won the 2017 Chicago Marathon and placed second in the 2017 Boston Marathon and the 2021 Chicago Marathon. He firmly believes that Extracorporeal Shock Wave Therapy (ESWT) and Extracorporeal Magnetotransduction Therapy (EMTT) have contributed significantly to his success and achievements.

“In 2006, I was treated with focused shock waves (F-SW) for the first time. As a result, my Achilles peri tendinitis disappeared after only two treatments within two weeks. The second time I was treated was in 2009 during the World Track & Field Championships in Berlin, Germany, after I strained my adductor. The radial shock wave treatment (R-SW) worked so well that our rehab team ordered a STORZ MEDICAL device immediately afterwards.

In 2017, I developed plantar fasciitis and was treated with F-SW. That allowed me to keep training and get 2nd in the Boston Marathon and win the Chicago Marathon. In 2018, I ran my fastest marathon and won in Prague. Throughout that year, R-SW was used to treat an insertional tendinopathy of the Achilles tendon (Haglund's syndrome) and peroneal tears. I ran another 2:06 marathon in Chicago in 2018 and then had

surgery for both the Achilles and peroneal tendons. After the surgery I was treated with F-SW and got back running in about 12 weeks. Since 2019 we have been using a portable shock wave device throughout my training and I was able to win the 2020 Olympic Marathon Trials.

In 2021, I placed 8th in the delayed 2020 Olympics and then ran a 2:06:38 marathon to place second in the Chicago marathon nine weeks later. That year, I developed severe pain in the lower back and was treated not only with F-SW and RSW, but also with a new technology called Extracorporeal Magnetotransduction Therapy (EMTT). After one treatment session, I had the best run I could remember in a long time. I noticed an immediate improvement in my symptoms and EMTT allowed me to keep training hard and prepare for a marathon. It felt like a game changer. It continues to play a major role in managing pain and recovering as I get ready to run the New York Marathon.

I find that both FSW and RPW are invaluable to my career. They have contributed significantly to my success and achievements. The devices from STORZ MEDICAL have been crucial to maintaining my health during grueling training programs and allowed me to get to the starting line healthy and strong. I will continue to use this evidence-based technology for the rest of my career and highly recommend it to other athletes! I love the fact that both ESWT and EMTT are non-invasive treatments with scientific backing that just plain work.”