



Radial Shockwave Therapy Post Treatment Protocol

Pain is your body's natural response to injury. All injuries result in scar tissue formation. Untreated acute injuries can lead to a loss in tissue elasticity in affected tendons and muscles. Scar tissue forms as the healing process gradually shuts down. The ballistic sound waves of the Enpuls penetrate deep through the scar tissue, producing microtrauma. Cells in the soft tissue release substances that intensify your body's natural healing process. The resulting inflammatory response creates a new injury which triggers your body's natural healing response.

Below are some points to remember. You do not want to do anything that will take away the inflammation, because that will counteract the treatment and make it less effective.

- AVOID ANTI-INFLAMMATORY MEDICATIONS STARTING ONE DAY PRIOR TO AND 4 DAYS POST TREATMENT (INCLUDES ADVIL, ALEVE, MOTRIN)
- IF YOU HAVE ANY PAIN, TYLENOL IS RECOMMENDED
- DO NOT APPLY ICE OR COLD COMPRESSES TO THE TREATED AREA
- AVOID IMPACT ACTIVITY OR EXERCISE UNTIL ADVISED BY YOUR DOCTOR

Please contact us if you have any questions

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