



Madison Heights Chiropractic Center

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Radial Wave Information and Home Care Sheet

Radial Wave Therapy (Shockwave Therapy) can have several positive effects, especially for musculoskeletal injuries and conditions. These effects are generally related to pain relief, tissue healing, and improved function. Some key benefits and effects include:

1. **Pain Relief:** Shockwaves help to reduce pain by stimulating the body's natural healing processes and releasing tension in the affected area. It also disrupts pain signals to provide temporary relief.
2. **Increased Blood Circulation:** The therapy promotes blood flow to the treated area, which helps in delivering oxygen and nutrients that accelerate tissue repair and reduce inflammation.
3. **Collagen Production:** Radial wave therapy stimulates the production of collagen, a protein essential for tissue repair and the healing of tendons, muscles, and ligaments.
4. **Breakdown of Scar Tissue and Calcifications:** The shockwaves can help break down scar tissue and calcifications, making it easier for the body to heal. This is particularly beneficial for conditions like tendonitis or calcific shoulder tendinopathy.
5. **Improved Mobility and Flexibility:** By reducing pain and breaking down scar tissue, the therapy helps improve the range of motion and flexibility in the treated area, which can help restore normal function.
6. **Reduced Inflammation:** Radial wave therapy can help decrease inflammation in the treated area, which is important in conditions like tendinitis or bursitis.
7. **Enhanced Tissue Regeneration:** The treatment stimulates the body's regenerative processes, promoting the repair of damaged tissues and accelerating the healing process.
8. **Non-invasive Alternative:** Unlike surgical treatments, radial wave therapy is a non-invasive procedure that can help avoid more drastic measures like surgery or corticosteroid injections.

Overall, radial wave therapy is effective in reducing pain, improving mobility, and promoting healing in a variety of musculoskeletal conditions. However, the exact effects can vary based on the specific condition being treated and individual responses to the therapy.

Post Treatment -

After undergoing Radial Wave Therapy, patients may experience a variety of after-effects. These are typically mild and temporary, but they can vary depending on the individual and the treated area. Some common after-effects include:

- 1. **Mild Pain or Discomfort:** It's common to feel some soreness or discomfort in the treated area after the session. This is usually temporary and can last for a few hours to a day. It's often described as a feeling similar to muscle soreness after exercise.
- 2. **Redness and Swelling:** The treated area might appear slightly red or swollen due to increased blood circulation and the therapeutic effects of the shockwaves. This usually resolves within a few hours or a day.
- 3. **Bruising:** In some cases, especially if higher intensity settings were used, mild bruising can occur in the treatment area. This is typically not severe and should dissipate over a few days.
- 4. **Temporary Stiffness:** Some patients may experience temporary stiffness or tightness in the treated area, especially if the shockwaves were focused on an area with significant scar tissue or calcifications.
- 5. **Increased Pain Before Improvement:** It's possible for patients to experience a temporary increase in pain shortly after the session. This can be a normal response as the body begins the healing process. However, it generally subsides and leads to pain relief and improved function in the long term.
- 6. **Fatigue:** Some patients report feeling a bit more tired than usual after treatment. This can be attributed to the body's efforts in responding to the therapy and initiating healing processes.
- 7. **Enhanced Mobility and Stretching Sensation:** After the initial discomfort fades, many patients notice a feeling of increased flexibility and mobility in the treated area, especially if stiffness or scar tissue was previously limiting movement.
- 8. **Minor Numbness:** Occasionally, patients may experience temporary numbness or a tingling sensation in the treated area, but this typically resolves quickly.

Post-Treatment Care:

- Ice:** If swelling or discomfort occurs, applying ice to the treated area can help reduce it.
- Rest:** Avoid intense physical activity or strain on the treated area for a day or two to allow the body to heal.
- Hydration:** Drinking plenty of water can support the body's healing process.

These after-effects are usually mild and short-lived. If any unusual or severe symptoms (such as persistent pain, swelling, or signs of infection) occur, patients should contact their healthcare provider.

Standard Radial Wave Therapy Schedule

- 1 session per week
- 3-6 sessions for each area of treatment

Example Timeline for treatment (each case is unique so timelines may vary depending on the case severity)

Week	Session	Notes
1	1	Initial treatment, assessment of pain level
2	2	Pain may slightly worsen before improvement
3	3	Early signs of relief typically begin
4	4	Continued healing and improved mobility
5-6	optional	Based on progress; may not be needed. 1-2 sessions per month based on severity of case.