



Post Shock Wave Therapy (SWT) Treatment Guidelines



Focus SWT (fSWT) is a regenerative treatment tool intended to promote your body's natural healing response by working on the cellular level. It delivers high-energy sound waves precisely targeting a specific area of dysfunctional soft tissue to stimulate the body's natural healing process. It is non-invasive. It can be used to treat a variety of conditions including chronic muscle and joint pain, tendonitis, tendinosis, plantar fasciitis, and other sports and over-use related conditions.

How does fSWT work? These focused acoustic waves penetrate deep into the tissues triggering the release of growth factors, enhancing blood flow, and the formation of new blood vessels to stimulate the body's own healing processes leading to improved pain relief, faster recovery, and longterm benefits.

Recommendations Post fSWT:

- Stay hydrated (drink an extra 10-16 ounces of water)
- Gentle stretches and eccentric exercises as prescribed by your practitioner
- Tylenol and heat as needed for post-treatment soreness
- Take Vitamin C, Collagen and Co-Q10
- Reduce your workouts and physical activity to 50% for 48 hours post-treatment

Things to avoid for 48 hours post treatment:

- NSAIDS [Advil (Ibuprofen) and Aleve (Naproxen)]
- Ice to the treatment area
- Jumping, running or other ballistic activities

Things to consider:

- The more chronic your soft tissue issue the more treatments may be required
- Research indicates 3-6 visits are most common with the more chronic conditions requiring more sessions
- Active healing is always best - walking, biking, staying active while your body heals
- Smoking, drinking alcohol, eating an inflammatory diet, sedentary lifestyle can negatively impact and slow your healing process