



# HEALTH CLARIFIED

## **SoftWave Post-Treatment Guideline & Expectations**

Now that you have experienced your first Softwave Tissue Regeneration treatment, the following are a few things to keep in mind to ensure you have the best possible outcomes.

You just received treatment on one or more parts of your body that was experiencing discomfort and/or pain as was identified by the pain/tenderness felt as the SoftWaves were delivered through the applicator treatment head. These SoftWaves are electro hydraulically produced sound waves that exit the applicator at 3,355 miles per hour.

This creates a shearing force on a cellular level that helps break up scar tissue and remove oxidative stresses that have built up around the cell membrane. This tricks the body into thinking there is a new injury without damaging the tissue, but helps activate an innate healing response on a cellular level. It also decreases inflammation and pain at the treatment site.

The best part is that research suggests this treatment stimulates your OWN STEM CELLS within 45 minutes of this treatment. Stem cells are the repairmen of the body. This helps attract other helper cells and reset the body naturally. These repair and helper cells are signaled to come out over the next few weeks and start the healing process to the damaged tissue.

Typically, after the third treatment, we should see a 60-75% reduction in pain. After 5-6 treatments, we should have the maximum stem cell production that will continue to migrate and repair the tissue over the next 8-12 weeks. Research shows a success rate for musculoskeletal disorders of 65-91%.

### **Post Treatment Guidelines:**

1. For the next 15-20 hours, you should notice the most decrease in pain and swelling, as well as an increase in range of motion and circulation. Keep in mind the tissue still needs time to go through the full healing process
2. You can return to normal lifestyle immediately after the treatment including light athletic workouts. Avoid extreme exercise or activities that may re-injure the damaged area through overuse.
3. Continue to perform all previously prescribed therapies by your health care team.
4. Avoid ice and other anti-inflammatories for several days to avoid reduced positive outcomes



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5. Be sure to stay hydrated to your body's specific needs.
6. Fatigue post-SoftWave treatment can occur and is a possible normal response to the treatment.
7. You may experience mild soreness, tingling, and/or stiffness. This is an anticipated response to the treatment and a GOOD sign that your body is properly responding to the care
8. Be patient. The TRUE healing will continue to occur 8-12 weeks from now when the maximum amount of stem cells have been produced and migrated to the treated area.
9. Biological response and maximum healing time is dependent on age, health condition at the time of the treatment and severity/duration of how long the affected area was compromised prior to the commencement of SoftWave care.
10. It is not uncommon for you to experience increased awareness of secondary and tertiary sites after the pain in the primary becomes less painful. This is part of the normal biomechanics in how the body compensates for painful movement.

## **Slow Responders/Lack of Results:**

If for any reason you do not feel like you are making progress, note that other underlying factors may be at play. If this becomes evident during care, other diagnostic measures will need to be explored. There are some conditions that simply do not respond as well to SoftWave. However, it is rare that some level of positive outcomes are not achieved.

## **Other Conditions:**

If you have a condition that you are not sure if SoftWave can help, please do not hesitate to ask. We will collaborate with OrthoGold owner/members on a SoftWave University community page to see what other providers have experienced with the affected area and/or conditions and see what kind of outcomes have been realized.