



Treatment Consent Form

How does the treatment work at FIG Wellness Therapy?

The treatment sessions usually take approximately 20 minutes, with Softwave treatment taking an average of 15 minutes. First, the gel is applied to the area that needs treatment. Then, the therapist uses an applicator that produces deep acoustic wave pulses while slowly moving around the injured area, making sure to find all the painful points. The applicator stays in these painful areas until the pulses reduce the pain. These sound waves penetrate deep into damaged tissue, resulting in increased mobility and significantly reduced inflammation and pain in just 1-3 treatments. Additionally, electrohydraulic shockwaves have proven to have a 300% increase in small, medium, and large blood vessels within 12 weeks following the first treatment.

What is “Softwave Therapy”?

Softwave is the only device in the Shockwave family that does not induce micro-trauma, trigger the body’s stem cells to activate a healing reaction, and has no adverse side effects. These benefits make Softwave a unique form of technology in the Shockwave family of devices.

Shockwaves are acoustic pulses that apply short, frequent, and high-intensity bursts of mechanical energy (in the form of a shockwave) into soft tissue that is injured, scarred, contains adhesions, is painful, or inflamed. Shockwave is not ultrasound. It is in its category because it can reach deeper tissues and stimulate stem cells. Unlike ultrasound, it does not cause heat to build up in the tissues.

How is Softwave Regenerative Technology different from other shockwave devices?

Softwave Tissue Regenerative Technology is uniquely designed to utilize focused and unfocused shockwaves. This cutting-edge feature allows Softwave to provide a comprehensive approach to regenerative medicine by delivering precise and targeted shockwaves through a focused applicator, it can concentrate energy on specific areas for highly effective treatment. Softwave also simultaneously utilizes unfocused shockwaves to ensure a broader coverage of the affected area, maximizing the therapeutic benefits.

Other shockwave devices introduce micro-trauma to induce cell healing, but Softwave Tissue Regenerative Technology does not. Instead, it directly delivers healing energy into your tissue to activate stem cells that trigger self-repairing.

Softwave Tissue Regenerative Technology uses a special process called electrohydraulic shock wave generation. It works in three parts:

- First, an electrode is placed in a water-filled reflector at a specific point.
- Then, a burst of high voltage is sent to the tips of the electrode, just like a bolt of lightning. This creates a quick electric spark between them. This spark turns the water into vapor, releasing a round shock wave as it escapes.
- This shock wave comes in two parts: first, a gentle wave spreads out like ripples on a pond, and then a strong focused wave goes to a specific point. This results in the treatment having a conical area of effect where the applicator is applied.
- When Softwave touches your cells, they wake up something called mechanoreceptors. They make the cells do crucial things, like releasing special molecules that help you heal and grow.

Instead of causing harm, Softwave tricks your body into thinking it has been injured. Here's how it works:

- The waves cause the walls of cells in a specific area to become more like doors, allowing proteins to pass through.
- These proteins, known as exosomes, act like messengers and mimic cellular injury.
- This tricks your body into starting a biological cascade, like a chain reaction of healing. It includes generating stem cell attractants, which allow stem cells to direct the repair of the treated area.

- Activating and differentiating these stem cells creates new and healthy tissue.

Softwave Tissue Regenerative Technology has additional benefits:

- Treatment directly reduces inflammation, which means it can calm down swelling and redness.
- Treatment is antibacterial, which helps protect your body against harmful infections at the site treated.

Softwave Tissue Regenerative Technology awakens your body's natural healing abilities. It tricks your cells into action and creates a symphony of repair and regeneration, all while keeping inflammation and bacteria at bay. SoftWave also plays a role in creating new blood vessels, remodeling tissues, and promoting healing.

What are the risks of Softwave therapy?

After SoftWave therapy, there might be some side effects. You might experience things like swelling, redness, or bruises. There could also be tiny red spots called petechiae or skin lesions, especially if you had cortisone therapy before. Sometimes, the pain might worsen temporarily, and there might also be more bruises or swelling. These side effects are usually temporary and typically go away within two days.

After receiving shockwave therapy, you may experience fatigue for 24 to 48 hours. This is a natural reaction of your body's cells repairing and healing themselves. These therapies stimulate the healing process, and your body works hard to heal and improve. Proper hydration is critical in the process.

Softwave Tissue Regenerative Technology works differently from other shockwave devices. Other shockwave devices can cause damage to internal organs, but Softwave does not

How should I get ready for my treatment sessions?

Our priority is to ensure that your therapy sessions are as comfortable and effective as possible. To facilitate this, we kindly request the following:

- Wear loose-fitting or comfortable clothing.
- Wear shorts in the event your therapy will be directed toward knee pain.

- Shave excess in the target areas.
- A pedicure may be recommended to remove heavy calluses if the treatment area is on the sole of the foot.

Make sure to monitor your voicemail and texts to ensure that, in a rare case, there might be a change to your appointment.

What are the recommended instructions for post-treatment care following Softwave treatment sessions?

The Softwave Tissue Regenerative Technology stimulates an inflammatory response, the body's natural healing process. Therefore, it is important to refrain from using anti-inflammatory medications (such as aspirin, Advil, Motrin and, Aleve, Naprosyn) and apply ice after the Softwave treatment. If you experience pain, it should subside within 24 hours. You may use over-the-counter non-anti-inflammatory pain medications (such as Tylenol) if necessary, provided you have no known issues with this medication. In addition, you should decrease activity for 48 hours following the treatment.

Staying hydrated is critical to promote healing after your treatments. Please read the information on the Centers for Disease Control and Prevention to learn more about proper hydration:

https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html

Are there contraindications and/or precautions?

- Impaired cognition
- Cardiac pacemakers or other implantable devices close to the target areas.
- Coagulation disorders, thrombosis, heart or circulatory patients
- Use of anticoagulants, especially Marcumar, Heparin, Coumadin
- Tumor diseases, presence of cancerous tissues or systemic cancers, such as leukemia
- Pregnancy
- Acute infection/pus focal in the target area
- Children in growth, open growth plates
- Cortisone therapy within the last 6-12 weeks

- Recent surgeries or procedures in the intended treatment area require discussion with your doctor and obtaining medical clearance before scheduling a Softwave session. For instance, knee or hip replacement surgeries should wait at least 8 weeks. Please get your surgeon's permission before you book an appointment with us.
- If you are taking nonsteroidal anti-inflammatory medications is not a contraindication. However, the nonsteroidal anti-inflammatory drugs interfere with the biological effects of the Softwave treatments. Therefore, you will need more treatment sessions than nonusers.

Please note that this is not an exhaustive list of contraindications. If we determine that you are not a suitable candidate, we will explain the reasons to ensure your safety, as your well-being is our top priority.

FIG Wellness Therapy is a niche clinic that delivers top-notch care and outcomes for patients with limb-related injuries/pain. Therefore, our clinic exclusively treats **conditions affecting the upper and lower limbs**. **We do not** offer treatments for pelvic pain, erectile dysfunction, open wounds, and injuries in the neck, torso (including lower back), and hips. Our clinic only treats adults 18 years old and older.

We want you to be informed of all aspects of this treatment. By signing the consent section on our Client Intake Form, you acknowledge that you understand and accept the risks and benefits of shockwave therapy and consent to have this therapy administered.