



Treatment Consent Form Orthopedic/Sport Injuries

Treatment Process

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 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.

What are the risks of Softwave Therapy?

Some side effects might occur after SoftWave therapy. You might experience swelling, redness, or bruises. Tiny red spots called petechiae or skin lesions could also occur, 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 operates differently from other shockwave devices. While some shockwave devices can potentially harm internal organs, Softwave, known as Sparkwave in Europe, where it was designed with safety as a priority, does not pose such risks.

How should I get ready for my treatment sessions?

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

- It's essential for you to arrive for Softwave therapy well-nourished and properly hydrated. Please refrain from attending your Softwave therapy session if you've skipped meals or are not feeling well.
- wear clothing that allows our therapists easy access to the treatment areas: shorts for the hip or knee areas or a sports bra for the shoulder and upper back.
- Shave excess hair in the target areas to ensure the optimal delivery of the healing energy.
- A pedicure may be recommended to remove heavy calluses if the treatment area is on the sole of the foot.

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 crucial to refrain from using anti-inflammatory medications (such as aspirin, Advil, Motrin, Aleve, and 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

OPEN COMMUNICATION for Issues and Concerns

While Softwave therapy is a revolutionary, cutting-edge technology that has shown significant benefits for many patients, it is not a one-size-fits-all solution. Some individuals may experience varying degrees of improvement, while others may not respond as expected.

In the medical field and therapy world, it's essential to understand that **no treatment or therapy can come with a guaranteed outcome for every individual.** Each person's body responds differently, and various factors can influence the effectiveness of a treatment, including the nature and severity of the condition being treated, overall health, and individual response to therapy.

It's important to note that our therapists are highly trained and dedicated to providing the best possible care. We strive to offer treatments that are backed by research and have proven efficacy. However, **we cannot guarantee specific results or outcomes.**

We encourage **OPEN COMMUNICATION** and collaboration throughout your treatment journey. If you have any concerns or questions about your treatment plan or the expected outcomes of Softwave therapy, please **contact the Owner, Kun-Yen Kuo. You will receive a phone call within 24 hours** to discuss your concerns. Your comfort, understanding, and satisfaction are our top priorities, and we are here to support you every step of the way.

Please monitor your voicemail and texts to ensure that, in a rare case, your appointment might be changed.

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.