INNOVATIVE LASER AND REHAB PLLC

RPW 2 SHOCKWAVE THERAPY

A quick patient guide: what it is, what it does, and what to expect



Chattanooga Intelect RPW 2

WHAT IS RPW 2?

ESWT - Extracorporeal Shock-Wave Therapy.

RPW means **Radial Pressure Wave**. This non-invasive therapy uses a handheld applicator to send controlled acoustic pressure waves through the skin into the treatment area. The waves spread through nearby soft tissue over a broader area.

It is not surgery, an injection, or electrical stimulation.

How may shockwave support healing?

- Helps reduce muscle pain and aches and may improve mobility.
- Temporarily increases local blood flow.
- May support new small-vessel formation in some tissues, helping oxygen and nutrients reach the area.
- May support repair and remodeling of tendon, connective tissue, and some scar-like tissue.

Benefits vary. It may complement physical therapy, but is not a universal replacement for injections or surgery.

Conditions clinicians may evaluate

- Heel pain / plantar fasciitis
- Achilles tendon pain
- Tennis elbow
- Calcific rotator-cuff tendon pain
- Myofascial trigger points and other tendon-related conditions

Your clinician must first determine whether RPW is appropriate for your diagnosis.

What happens during treatment?

- Gel is placed on the skin, and the applicator moves over the treatment area.
- You may feel rapid tapping, pressure, or mild-to-moderate discomfort.
- The clinician adjusts intensity according to the treatment goal and your tolerance.
- A clinic session is generally planned for about 12-15 minutes, depending on the area and tolerance.

What may happen afterward?

- Temporary tenderness, redness, bruising, swelling, tingling, numbness, or a short-term pain flare may occur.
- Follow the activity and home-care instructions given by your clinician.
- Contact the clinic promptly for severe, unusual, or worsening symptoms.

Individual response varies. Improvement is not guaranteed.

BEFORE TREATMENT: TELL YOUR CLINICIAN ABOUT YOUR HEALTH HISTORY

- Pregnancy or possible pregnancy
- Blood thinners, bleeding/clotting problems, or thrombosis
- Cancer, infection, open wound, reduced sensation, recent surgery/fracture/injection, or an implant near the treatment area

Schedule a Consultation

Find out whether shockwave therapy may be appropriate for your condition and goals.

713-777-0711
Call to schedule your visit

Innovative Shockwave and Rehab PLLC
Dr. John Mai, D.C.
7447 Harwin Street, Suite 135
Houston, TX 77036

This pamphlet provides general information and does not replace an examination, diagnosis, or individualized treatment recommendation.

What to Expect

1. Evaluation
We review your symptoms, health history, and treatment goals.

2. Targeted treatment
A clinician applies gel and positions the applicator over the selected area.

3. Personalized settings
Treatment settings are adjusted based on the area and your comfort.

4. After your visit
You receive guidance about activity, home care, and follow-up when appropriate.

Treatment experience

You may feel tapping, pulsing, or pressure. Tell your clinician if the sensation is uncomfortable so the settings can be adjusted.

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Dr. John Mai, D.C.

SHOCKWAVE THERAPY

ESWT - Extracorporeal Shock-Wave Therapy

Patient Information

A noninvasive treatment option for selected muscle and tendon conditions.

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What Is Shockwave Therapy?

Shockwave therapy applies acoustic pressure waves through the skin to a targeted area. The mechanical stimulation is intended to support the body's natural tissue response and rehabilitation process.

Potential Benefits

- May help reduce pain and tenderness
- May improve mobility and function
- May support recovery of selected soft-tissue conditions
- Noninvasive and performed without an incision

Results vary. Your clinician will discuss whether treatment is appropriate for you.

Conditions Commonly Evaluated

- Plantar fasciitis and heel pain
- Achilles or patellar tendon pain
- Tennis elbow and golfer's elbow
- Shoulder and rotator cuff tendinopathy
- Hip or gluteal tendon pain
- Selected muscle trigger points
- Other persistent soft-tissue pain

Individual evaluation

Not every condition is appropriate for shockwave therapy. Your clinician will evaluate the treatment area and your medical history before recommending care.

Before Treatment

Tell the clinician about your medical conditions, medications, implants, recent injections or surgery, pregnancy, bleeding problems, infection, cancer, or loss of sensation in the treatment area.

After Treatment

- Mild soreness, redness, or temporary bruising may occur.
- Follow the activity and home-care instructions provided to you.
- Contact the clinic if symptoms become severe or concerning.

Questions?

Speak with our clinical team.
713-777-0711