

TRUE HEALTH

CHIROPRACTIC

Post Treatment Info:

Now that you have experienced your first ever Softwave Tissue Regeneration treatment, here are a few things that you can do to ensure you have the best possible outcomes.

You just received treatment on one part of your body that was experiencing pain as was identified by the pain or tenderness felt from the softwaves. 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%.

#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.

#2 - The TRUE healing will be 8-12 weeks from now when the maximum amount of stem cells have been produced and migrated to the treated area.

#3 - Please do not ice or take any Advil or Ibuprofen. Take care and rest the next 2-3 days until your next session. Do not go do rigorous exercise tomorrow even though you may feel great! We just ignited a healing process and we want your body to work on that instead of working on additional stress to the treated area.