

# SHOCKWAVE THERAPY

Shockwave therapy uses sound waves to boost blood flow and support healing in painful muscles, tendons, and joints. A handheld device delivers light pulses to break up scar tissue, reduce inflammation, and ease pain. This safe, non-invasive treatment is especially helpful for stubborn issues like tendon pain, plantar fasciitis, and muscle tightness.

## Conditions That Benefit:

- Tendinopathies
- Rotator cuff strain
- Plantar fasciitis
- Knee ligament
- Meniscus injury
- Bursitis
- Frozen shoulder
- Tennis elbow
- Achilles tendinopathy
- Trigger points

