

Shockwave Therapy



What is extracorporeal radial shockwave therapy?

Chronic pain or tightness in muscles, tendons, or joints can develop when tissues don't heal properly. Extracorporeal radial shockwave therapy uses controlled sound waves to stimulate blood flow and activate your body's natural healing response. Your provider will apply the treatment to the affected area using a handheld device that delivers gentle pulses to break down scar tissue, reduce inflammation, and relieve pain. This safe and non-invasive therapy helps speed recovery, improve mobility, and restore normal function—especially in stubborn conditions such as tendon pain, plantar fasciitis, or muscle tightness.

Benefits:

- Decrease pain
- Stimulate connective tissue healing
- Improve range of motion and mobility
- Improve muscle function

What conditions benefit from Shockwave Therapy?

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

Is the process painful?

During radial shockwave therapy, you'll feel a series of quick, repetitive tapping or pulsing sensations on the area being treated. It can feel a bit intense over a trigger point, irritated tendon, or area being treated – like firm percussion or deep vibration – but most people describe it as mildly uncomfortable yet tolerable, with the sensation often easing as the area desensitizes during the session.



Our clinic uses shockwave therapy to target stubborn pain to help your body heal naturally. If you're dealing with ongoing muscle, tendon, or joint pain, contact our office today to see if shockwave therapy is right for you.