



Dr. Zina B. Cappiello DPM, LLC

RADIAL SHOCKWAVE THERAPY **POST TREATMENT PROTOCOL**

When you experience a chronic long-term pain, the body no longer recognizes it as a problem and stops the natural healing process. When applied, The Enpuls uses Ballistic Sound waves (Shockwaves) to create a "micro trauma" or an inflammatory state to the affected tissue. This once again triggers the body's natural healing response. The increase in circulation to the area during the treatment also contributes to the healing process. The more blood flow to tissue, the faster it will heal.

Below are some points to remember. You do not want to do anything that will take away the inflammation, because that will counteract the treatment and make it less effective.

- NO ANTI-INFLAMMATORY MEDICATIONS ONE DAY PRIOR OR FOR 4 DAYS POST TREATMENT (INCLUDES ADVIL, ALEVE etc)
- IF YOU HAVE ANY PAIN, TYLENOL IS RECOMMENDED
- DO NOT APPLY ICE OR COLD COMPRESSES TO THE TREATED AREA
- TRY NOT TO OVEREXERT THE TREATED AREA WITH EXCESSIVE EXERCISES

Please contact us if you have any questions

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