



After-Care Instructions

Rest & Recovery

Strenuous activity should be avoided for 24-48 hours following a treatment

After a StemWave treatment, it is important to allow your body time to rest and recover. Since the focus of the therapy is to reduce inflammation and pain along with triggering the immune system to promote regenerative effects through angiogenesis (process of forming new blood vessels from pre-existing one) strenuous activity can limit and even counter the effects of the treatment.

Ice & Heat

No ice/heat following treatment

True Shockwave therapy works by reducing pain signals and inflammation and helping the body switch from inflammation mode to healing mode. Ice slows blood flow and reduces nerve conduction whereas heat increases blood supply to area. Both can reduce effectiveness of StemWave treatment.

Pain Management

Do not add pain medication or muscle relaxant along with treatment

StemWave treatment is designed to reduce pain and inflammation while helping your body heal itself by improving blood flow and activating natural repair cells. You do not need to take pain or muscle-relaxing medications with this treatment. If you are already taking prescribed medications when you begin StemWave care, continue taking them unless the doctor who prescribed them tells you otherwise.

Nutrition/Hydration

Proper nutrition and hydration are vital for the healing and regenerative process

Good nutrition plays an important role in healing and recovery. What you eat can help reduce inflammation in your body. If you're unsure how to adjust your diet, working with a knowledgeable professional can be helpful. Staying well hydrated is also very important. Drinking enough fluids helps your body heal from injury and recover more effectively. No matter the season, aim to drink plenty of fluids each day. As a general guideline, men should drink about 15.5 cups of fluids per day, and women about 11.5 cups per day.

What to Expect

StemWave therapy works by stimulating your body's natural healing response. It's common to experience:

- Mild soreness or tenderness in the treated area
- Temporary increase in symptoms before improvement
(this is normal and part of the healing process)

Many patients begin noticing improvements after a few sessions, with continued progress throughout their care plan. Consistency matters! For best results it is recommended to stay consistent with your recommended treatment schedule. Healing and tissue regeneration takes time and each session builds on the last.