

1

The Day of the Procedure



No fasting is required before the procedure.



You may eat and drink as normal unless advised otherwise by your provider.



Wear comfortable clothing that allows access to the treatment area.



Inform your provider if you are pregnant or have any medical conditions affecting the treatment area.



Continue taking your prescribed medications unless instructed otherwise by your provider.



2

Procedure

The procedure takes approximately 10-20 minutes.

Step 1

You will be positioned comfortably depending on the treatment area.

Step 2

A gel will be applied to the skin to help transmit the acoustic waves.

Step 3

A handheld device will deliver targeted shockwaves to the affected area.

Step 4

Your provider will adjust the intensity based on your comfort level.

Step 5

Multiple pulses will be applied to stimulate healing and improve circulation.

3

After the Procedure

- » You may resume normal daily activities immediately after treatment.
- » Mild soreness or discomfort in the treated area may occur and typically resolves within a few days.
- » Your provider may recommend a series of treatments for optimal results.

POST-CARE

Discharge Instructions

- » Avoid strenuous physical activity for 24-48 hours after treatment.
- » Stay hydrated to support the healing process.
- » Follow any additional instructions provided by your healthcare provider.

At Home

You may experience mild discomfort in the treated area after the session. This usually resolves within a few days as healing begins.

You may experience the following side effects:

- **Mild soreness or tenderness** at the treatment site
- **Redness or slight swelling**
- **Temporary sensitivity** in the treated area

These effects are typically temporary and part of the normal healing response.

What is Shockwave Therapy ?

Shockwave Therapy is a non-invasive treatment designed to relieve pain and support the healing of soft tissues. It uses acoustic waves delivered through the skin to stimulate circulation and accelerate recovery in affected areas.

This treatment is commonly used for conditions such as plantar fasciitis, Achilles tendinitis, tennis elbow, shoulder pain, patellar tendinitis, hip pain, and stress fractures.

Mechanism of Action

Shockwave therapy uses a handheld device to send strong sound waves into sore tendons, ligaments, or muscles. These pulses irritate the tissue just enough to boost blood flow and kick-start the body's own repair process, while also calming overactive pain nerves, so over time the area can hurt less and move better.

When should I call for help?

If you experience **weakness or numbness in your legs or feet, an increase in pain, fever, or chills**, you may need an immediate evaluation.

Contact Quantum Pain & Spine right away at:
(469) 913-6136

CONTACT US

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(469) 913-6136



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Locations

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