

POST SHOCKWAVE THERAPY

✓ What to Expect After Treatment:

- Mild soreness, tenderness, or swelling is normal for 24–72 hours.
- Some patients feel immediate relief, while others improve gradually over the next few weeks.
- The healing process continues as your body regenerates tissue and improves circulation in the treated area.

💊 MEDICATION GUIDELINES

To get the most out of your shockwave treatment:

✗ Avoid These Anti-Inflammatory Medications:

- Ibuprofen (Advil, Motrin)
- Naproxen (Aleve)
- Aspirin
- Any other NSAIDs (Non-Steroidal Anti-Inflammatory Drugs)

These medications reduce inflammation, which can interfere with the healing response triggered by your therapy.

✓ YOU MAY TAKE TYLENOL (ACETAMINOPHEN):

- Helps with pain relief
- Does not affect the body's natural healing process
- Safe to use if needed after treatment

📅 ACTIVITY RECOMMENDATIONS

- Avoid strenuous exercise or heavy lifting involving the treated area for 48 hours
- Light movement and gentle stretching are encouraged
- Drink plenty of water to support circulation and recovery

🏥 FOLLOW-UP TREATMENTS

Shockwave Therapy works best in a series. Most patients benefit from 5–10 sessions depending on their condition.

💳 FLEXIBLE PAYMENT OPTIONS

- Pay Per Session – No long-term commitment required
- Affordable Treatment Packages – Designed to support your health goals and save you money
- Ask us about the best option for your condition and budget!

Be sure to attend all scheduled visits for optimal results.

💬 QUESTIONS OR CONCERNS?

We're here to support you!

📞 Call or Text us at (626) 241-2420

📍 Caldero Chiropractic | Arcadia, CA



SHOCKWAVE THERAPY

*Fast, effective pain relief
to keep you active and injury-free.*

★ WHAT IS IT?

Shockwave Therapy uses high-energy acoustic waves to target damaged tissue, break up scar tissue, and stimulate natural healing. It's non-invasive, drug-free, and fast-acting.

IDEAL FOR ACTIVE LIFESTYLES:

- Plantar Fasciitis
- Tennis/Golfer's Elbow
- Shoulder Tendinitis (Rotator Cuff)
- Achilles Tendonitis
- Patellar (Jumper's) Knee
- Hip Pain
- Chronic Muscle Tightness
- Overuse & Repetitive Strain Injuries

KEY BENEFITS:

- Speeds up recovery
- Breaks up scar tissue and adhesions
- Stimulates circulation and collagen production
- Reduces pain and inflammation
- Restores range of motion
- Improves mobility and performance

👏 GET BACK TO DOING WHAT YOU LOVE

Whether you're training, competing, or just want to stay active without pain, Shockwave Therapy helps you recover faster, move better, and stay strong.

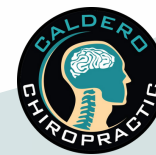


SHOCKWAVE THERAPY



PAIN RELIEF Advanced Non-Surgical

- Breaks up scar tissue & calcifications
- Boosts circulation & speeds healing
- Reduces chronic pain & inflammation
- Stimulates natural tissue regeneration
- Effective for joints, tendons, nerves & more
- No downtime – fast, in-office treatment
- Safe, non-invasive, drug-free solution



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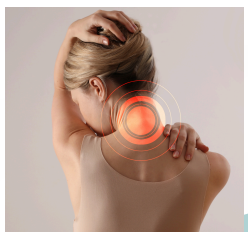
638 W. DUARTE RD., SUITE 11

ARCADIA, CA 91007

(626) 241-2420

WWW.CALDEROCHIROPRACTIC.COM

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BENEFITS OF *Shockwave Therapy*

Shockwave Therapy is a non-invasive treatment that accelerates healing by delivering high-energy acoustic waves to injured tissues. It is especially effective for chronic conditions that haven't responded well to other treatments.

Key Benefits:

- ✓ Breaks up scar tissue and calcifications
- ✓ Stimulates blood flow and tissue regeneration
- ✓ Reduces pain and inflammation
- ✓ Speeds up recovery and healing
- ✓ Improves mobility and function



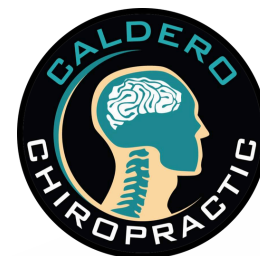
Why Multiple Sessions Are Necessary:

Shockwave Therapy works cumulatively—each session builds on the last. Most conditions require a series of 6-10 treatments, depending on severity and how long the problem has existed.

Here's why:

- ⚡ Chronic injuries take time to heal
- 🔄 The body needs repeated stimulation to repair tissue
- ⌚ Gradual reduction in pain and inflammation occurs over time
- 📈 Progress is tracked and adjusted per session

Think of it like physical therapy or exercise—you don't get results from just one visit. Consistency is key for long-term relief and healing.



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Arcadia, CA 91007

www.calderochiropractic.com

