

# Is Shockwave Therapy Becoming the New Standard for Chronic Patient Care?

## Featuring Candid Responses from SoftWave TRT Providers

Extracorporeal shockwave therapy (ESWT) is a treatment that utilizes energy in the form of shockwaves to stimulate tissue within the body and promote healing. Despite its growing popularity and success, U.S. providers have been slow to adopt the technology in their practices. We at SoftWave TRT believe that shockwave therapy has the potential to become the new standard of care for chronic and acute conditions just as it is in Austria.

### The Current Standard Isn't Cutting It

When it comes to treating chronic and acute conditions, the current standard of care can be unfavorable and distressing for many patients. The current standard of care ranges from physical therapy, to cortisone shots, to pain management with prescription painkillers, to surgery. Many of these treatments do not actually help providers to solve the underlying issues causing their patient's discomfort and have a high risk of failure.

Physical Therapy	Cortisone Injections	Prescription Opioids	Surgery
<p>While physical therapy can be an effective treatment, it can be an expensive and time-consuming option that relies heavily on the patient following up with prescribed exercises in-between visits.</p> <p>Patients are typically required to attend physical therapy sessions of 45-90 minutes in duration 2-3 times a week for 3-10 weeks and are required to complete an exercise regime on their own as well.<sup>1</sup></p> <p>Because of the high cost and time commitment, unmotivated patients aren't likely to see improvement without personal involvement.<sup>2</sup></p>	<p>Cortisone injections are a commonly used treatment for injuries and managing inflammation for various conditions. While cortisone shots can provide relief from inflammation, they often do not help to resolve the underlying issue that is causing the inflammation, are invasive, and do not last forever.<sup>3</sup></p> <p>Patients often receive cortisone injections 2-4 times a year.</p> <p>Increased, long-term use of cortisone shots also comes with increased risks.<sup>4</sup></p>	<p>Prescription opioids may provide pain relief to patients, but have an astronomically high risk of addiction and abuse.</p> <p>The US Department of Health and Human Services reported in 2019 that 9.7 million people misused prescription pain relievers.<sup>5</sup></p> <p>Opioids also come with a wide range of side effects including blurred vision, drowsiness, slowed breathing and heart rate, and euphoria.<sup>6</sup></p>	<p>Surgery is commonly a last resort option for patients that have not had success with other treatment endeavors.</p> <p>Surgery is very costly and comes with inherent risk.</p> <p>Some of the risks associated with surgery include negative reactions to anesthesia (nausea or vomiting), infection from incision site, blood loss, and discomfort.<sup>7</sup></p> <p>In addition, surgery is often difficult to recover from and requires time away from work or other responsibilities.</p>

## Shockwave Therapy is Making Waves in Chronic Patient Care

Over the past few decades, shockwave therapy has been gaining a considerable amount of popularity worldwide. In the US, shockwave therapy was originally indicated for breaking down kidney and bladder stones within the urinary tract (lithotripsy), but has since had FDA clearances. For example, SoftWave TRT's OrthoGold 100™ shockwave therapy device was cleared by the FDA for the activation of connective tissue, treatment of chronic diabetic foot ulcers, treatment of acute second-degree burns, as well as temporary pain relief and improved blood supply.<sup>8</sup>

Shockwave therapy benefits both patients and providers as it is a non-invasive treatment that is risk-free, virtually painless with certain devices, and highly effective with a success rate of up to 99%.<sup>9</sup>

Shockwave therapy has been adopted by many sports medicine practitioners and has become their best alternative to surgery for chronic conditions such as tendinopathies and stress fractures.<sup>10</sup> Additionally, VA hospitals across the country have begun adopting shockwave therapy due to its high level of success and non-invasive nature. While shockwave therapy is still in the early stages of insurance reimbursement, insurance companies have also begun to include shockwave therapy under their umbrella of covered treatments as they begin to document the value, efficacy and savings. SoftWave TRT is currently using reimbursement codes for wounds.

### What Sets SoftWave TRT Apart?

SoftWave TRT has revolutionized shockwave therapy with its patented unfocused applicator. Previously, shockwave therapy was limited to radial pressure waves and focused shockwaves. SoftWave TRT developed a parabolic applicator that results in a more effective energy delivery method. It offers a true shockwave which is more effective than a radial wave.

**Radial pressure waves** consist of three parts: ultrasonic pulse, audio acoustic pulse, and relatively slow shear wave. A radial pressure wave has the greatest energy at its source and weakens as it travels through tissue. These waves do not penetrate tissue very deeply with a superficial treatment depth of 3-4 cm, however, they do spread to a wider area at the surface of the treatment area. Radial waves are not true shockwaves. They are created by a mechanism that consists of compressed air, a projectile, and a decelerator, however, radial wave devices are commonly used and categorized under the umbrella of shockwave therapy.<sup>11</sup>

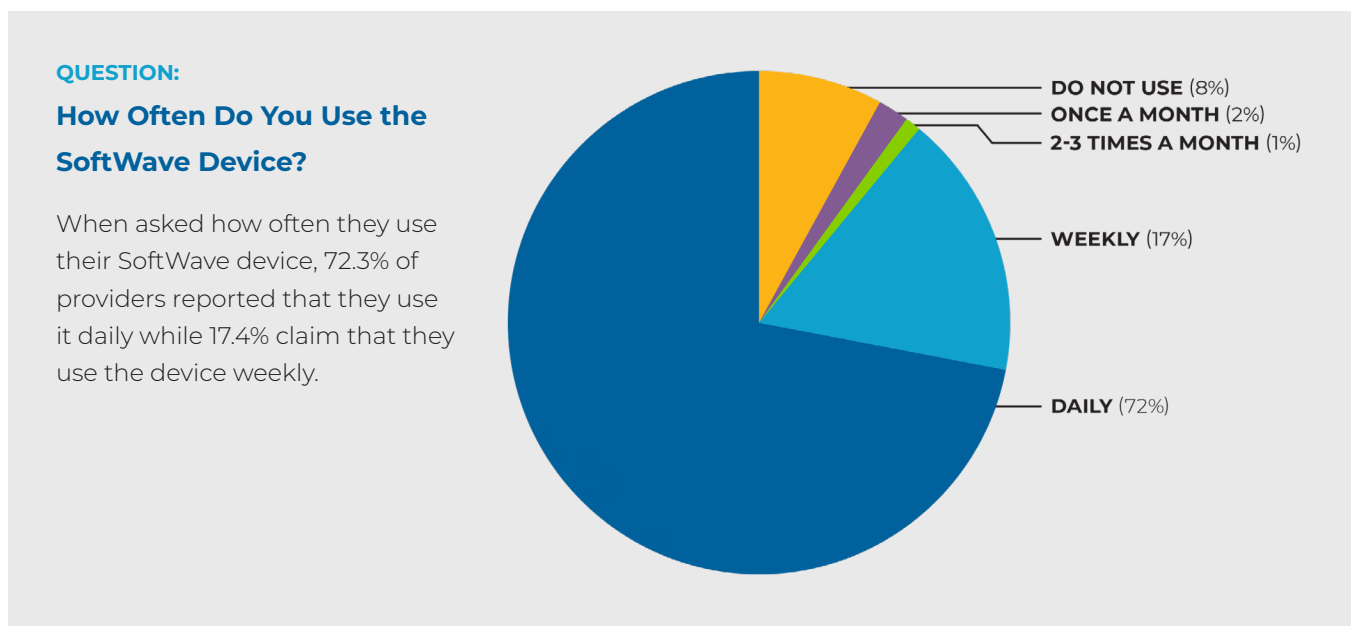
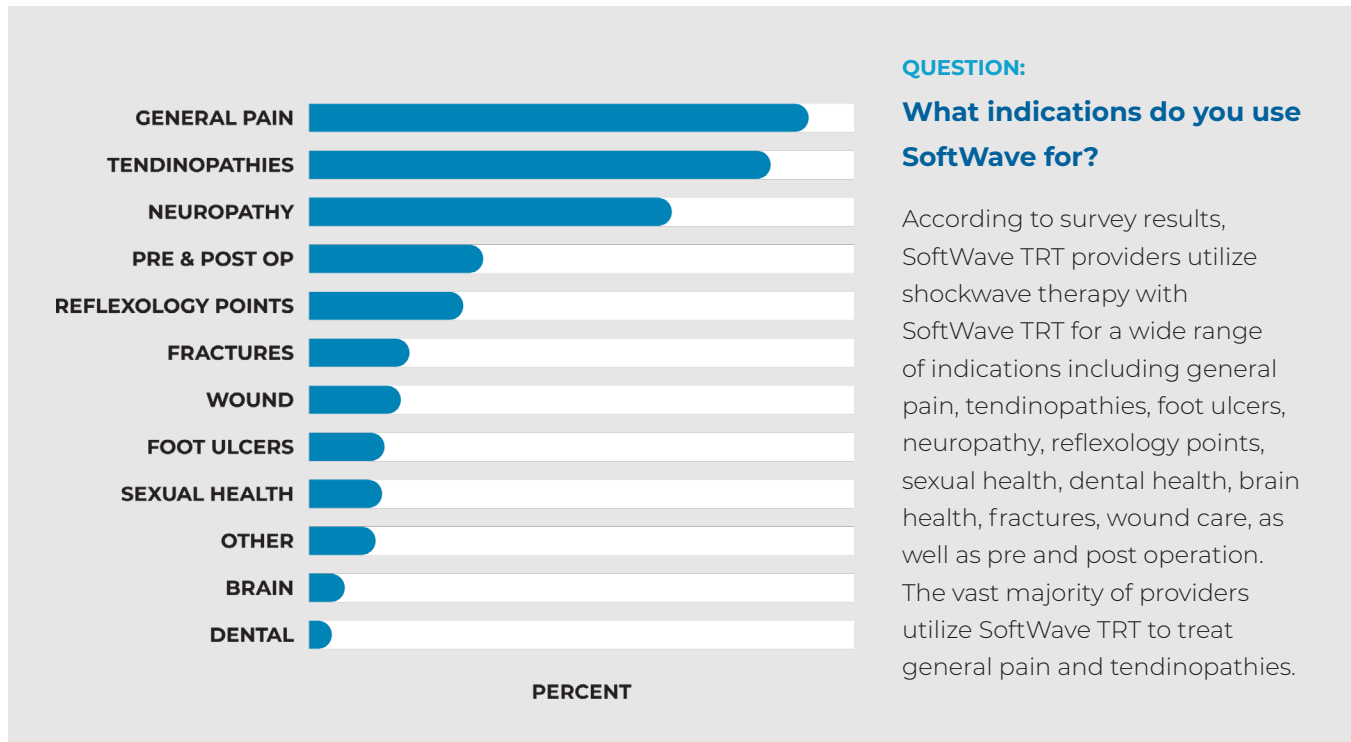
**Focused shockwaves** are true shockwaves. Electromagnetic focused shockwaves are generated electromagnetically through a cylindrical coil creating opposing magnetic fields.<sup>11</sup> Focused shockwaves maintain their strength as they travel through tissue which increases the depth that they penetrate. They can reach a depth of up to 12 cm depending on the attachments used, however, they can only travel as wide as 1.5 cm.<sup>12</sup>

**Unfocused shockwaves** by SoftWave TRT use electrohydraulic technology however, their energy is dispersed differently. SoftWave TRT's unique patented parabolic reflector applicator design makes it possible to spread energy to a large area of both superficial and deep tissue, soliciting a biological response to the target area to initiate the body's natural healing process. The unfocused applicator allows shockwaves to travel as deep as 12 cm and as wide as 7 cm.

## How SoftWave TRT Has Made a Difference for Providers

Earlier this year, a survey was conducted of 257 SoftWave TRT providers. Responses were encouraged to be candid and to provide valuable feedback about the clinical experience of providing shockwave therapy with SoftWave TRT (also referred to as SoftWave Therapy).

Here are some of the most intriguing and valuable results that suggest that shockwave therapy is becoming the new preferred option for patients.



**QUESTION:**

**Is SoftWave TRT Effective?**

In the survey, providers were asked to rate the effectiveness of shockwave therapy with SoftWave TRT for both chronic and acute patients.

77.8% of providers surveyed asserted that SoftWave therapy has been effective or very effective for their chronic patients. In addition, 72% of providers reported that SoftWave Therapy is effective or very effective for their acute patients. Whether their condition be chronic and long lasting or acute and severe, SoftWave Therapy is making a substantial impact on patients' lives.

Some providers opted to share their experiences with SoftWave TRT in more detail, here are their thoughts:



I see patient tears daily. I love the INSTANT relief my patients receive.



Very effective at relieving pain and improving range of motion.



Amazed by the response by most patients. They are amazed and I am amazed.



Effective Results with pain reduction.  
Effective Results with increased ROM  
Effective Results with increase in function.



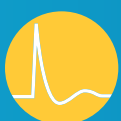
We have chronic pain patients who have experienced chronic pain for years without relief, and are virtually pain free after 1-3 SoftWave treatments.

**PROVIDE YOUR PATIENTS WITH THE CARE THEY DESERVE**

## Get Started with SoftWave

Patients suffering from long term chronic pain and acute injuries are often very desperate for a treatment that will reduce their pain and increase their quality of life and shockwave therapy with SoftWave TRT may be their option.

To find out more about how your practice can provide life changing relief with SoftWave TRT, visit our website <https://softwavetr.com/musculoskeletal/>.



**SoftWave**  
Tissue Regeneration Technologies

## Resources

- 1 Lee, Leah. n.d. "Pros and Cons of Physical Therapy." [www.ewmotiontherapy.com](http://www.ewmotiontherapy.com). Accessed July 7, 2022. <https://www.ewmotiontherapy.com/blog/pros-cons-physical-therapy>.
- 2 Smith, Josh. 2017. "Expectation vs. Reality: Why Patients Really Drop out of Therapy." WebPT. August 29, 2017. <https://www.webpt.com/blog/expectation-vs-reality-why-patients-really-drop-out-of-therapy/#:~:text=But%20as%20Heidi%20Jannenga%2C%20PT>.
- 3 Ruebelke, Dr Drew. 2022. "Thinking about Getting a Cortisone Shot? You May Want to Reconsider." Apollo Soft Tissue and Spine. June 29, 2022. <https://apollosofttissue.com/2022/06/29/thinking-about-getting-a-cortisone-shot-you-may-want-to-reconsider/>.
- 4 Mayo Clinic. 2017. "Cortisone Shots - Mayo Clinic." [Mayoclinic.org](http://Mayoclinic.org). 2017. <https://www.mayoclinic.org/tests-procedures/cortisone-shots/about/pac-20384794>.
- 5 Division (DCD), U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES. 2018. "Opioid Crisis Statistics." [HHS.gov](http://HHS.gov). May 8, 2018. <https://www.hhs.gov/opioids/about-the-epidemic/opioid-crisis-statistics/index.html#:~:text=In%202019%2C%20an%20estimated%2010.1>.
- 6 Krieger, Carrie. 2018. "What Are Opioids and Why Are They Dangerous?" Mayo Clinic. March 21, 2018. <https://www.mayoclinic.org/diseases-conditions/prescription-drug-abuse/expert-answers/what-are-opioids/faq-20381270>.
- 7 "Possible Risks and Complications of Surgery." n.d. OakBend Medical Center. <https://www.oakbendmedcenter.org/possible-risks-and-complications-of-surgery/>.
- 8 "SoftWave FAQ." n.d. SoftWave. Accessed July 7, 2022. <https://softwavetr.com/faq/>.
- 9 Ibid
- 10 "Extracorporeal Shock Wave Therapy: Final Key Questions Extracorporeal Shock Wave Therapy (ESWT) for Musculoskeletal Conditions Background." n.d. Washington State Health Care Authority. Accessed July 7, 2022. <https://www.hca.wa.gov/assets/program/estw-final-key-qs-20160919.pdf>.
- 11 Venn. n.d. "Radial vs Focus Shockwave Therapy | What Is the Difference?" Venn Healthcare. <https://www.vennhealthcare.com/radial-vs-focus-shockwave-therapy-what-is-the-difference/>.
- 12 "SoftWave Technology." n.d. SoftWave. Accessed July 7, 2022. <https://softwavetr.com/software-technology/>.