Healing Takes Time — What to Expect After SoftWave Therapy

SoftWave Therapy jumpstarts powerful healing activity deep in your body. Some people feel better right away—but lasting healing takes time. That's why we follow a 12-week timeline: to help you understand what's happening under the surface, track your progress, and stay on course without getting discouraged.

WEEKS 0–1: PRIMING PHASE

Your body begins the healing process.

- SoftWave signals your cells to "wake up" and begin repair.
- Blood flow improves to the area, which helps jumpstart recovery.
- Some people feel early relief, but keep in mind—this is the beginning, not the finish line.

WEEKS 1–4: MOLECULAR ACCELERATION

Your body is doing a lot behind the scenes.

- Healing signals stay active and continue to work in the background.
- New cells begin forming and turning over old tissue.
- It's important to stay active—but also protect the area from overuse.

WEEKS 4–8: NEOVASCULARIZATION & EARLY REMODELING

Tissue is rebuilding from the inside out.

- New tiny blood vessels are forming to bring in oxygen and nutrients.
- You may notice improvements in comfort, flexibility, and movement.
- Healing is happening—even if you still feel some ups and downs.

WEEKS 8–12: REGENERATION & REMODELING

Now the real change sets in.

- The tissue that was damaged starts to feel stronger.
- Pain relief may be more consistent.
- This is when lasting recovery takes hold—your body is doing the work!

Why It's Important to Know This Timeline

- ✅ You may feel better early on—but healing is still happening underneath.
- ✅ Doing too much too soon can undo progress.
- ✅ Guided movement and stretching are key to recovery.
- ✅ Don't just track pain—notice changes in sleep, energy, mobility, and how you feel overall.

***Note:** SoftWave Therapy is non-invasive and requires no downtime after your session. You can stay active—but make smart choices. Healing takes time, and your body knows how to do it.

REFERENCES

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