



SHOCKWAVE THERAPY WITH THE ALLAND PRACTICE

WHAT TO EXPECT FOR YOUR TREATMENT VISIT

- **Visit length:** Each treatment session lasts approximately **10–15 minutes**.
- **What to wear:** Please wear **comfortable clothing** that allows the area being treated to be **easily exposed**.
- **Medications:** Avoid **NSAIDs** (such as ibuprofen, naproxen, or similar anti-inflammatory medications) for **2–3 days** before your treatment and for **up to 1 week after** treatment. Acetaminophen (Tylenol) is okay if needed for discomfort.
- **Activity after treatment:** There are **no formal activity restrictions**.
 - Continue your **current activity level**.
 - Avoid significantly increasing activity too quickly **even if you are feeling better**.
 - Gradually progress activity over **1–2 weeks** following treatment

WHAT YOU MAY FEEL DURING TREATMENT

- During treatment, when the PiezoWave targets the affected tissue, you may feel a **deep aching or pressure sensation**.
- This sensation typically **improves as the session progresses**.
- Your provider will **adjust settings and take breaks as needed** to keep you as comfortable as possible.
- It is common to experience **mild soreness or tenderness** in the treated area for a short time after your session. This is expected and typically resolves over the next few days.
- If you have questions before or after your session, please contact us at allandpractice@rushortho.com