

S&E Center Regenerative Modalities Treatments

Trigger Point/Myofascial Treatment with enPulsPro

We have many patients whose main problem is stiff, achy muscles that contain numerable “trigger points”. Trigger points are the “knots” you feel in the muscle itself. They are often the size of your fingertip, and when pressed they are tight, painful, and often refer pain to other adjacent areas of the body. Our most effective single modality treatment to address these problems is to use our **enPulsePro** from **Zimmer Medical, USA** to treat these areas with non-focused shockwaves.

The initial visit

- New patients can schedule an evaluation and treatment appointment with Dr. Barrett or Dr. Peters. As well as having an evaluation of your trigger points and myofascial areas of concern, we will use **Radial Pulse Shockwave** therapy during this visit to get you acquainted with what this treatment modality can do for you. It will be a 30-minute appointment and we should be able to treat several areas. We include 6,000 pulses with this visit as it is both diagnostic and therapeutic and the additional pulses help give us time to get your feedback and tailor the treatment to you specifically. There is a **\$200** fee.



A Radial Pulse Wave (RPW) Shockwave treatment to the supraspinatus muscle to treat posterior shoulder pain and several trigger points.



Note: If you have been seen and treated by our LMT Doug Larrow, simply ask him to have Dr. Barrett or Dr. Peters review your history to clear you for treatment. You will be given the chance to have all your questions and concerns answered by one of our doctors about this effective regenerative medicine modality.

Goals

Our goals for you in this program are to initiate a healing response in the trigger point areas to 1) decrease pain by releasing the trigger point, 2) reduce overall muscle tightness, and 3) reduce the recurrence rate of the trigger points. **RPW**

Shockwave also typically results in more immediate reduction of pain by inhibition of multiple pain generating tissues that occur with trigger points and general myofascial pain.



The pulsed stimulation helps the ingrowth of new blood vessels to bring oxygen, nutrients, and healing chemicals to the area to signal and promote regeneration, repair, and prevent or significantly reduce recurrences.



Summary of fees

➤ We offer single sessions and packages for **Radial Pulse Shockwave Therapy**.



enPulsPro Radial Pulse Shockwave

One session is typically **3,000** pulses for a standard area (i.e., shoulder/hip) and **4,500** pulses for a larger area (i.e., upper or lower back)

- ✓ **\$80 – RPW Shockwave Large Area (4,500 pulses)**
- ✓ **\$55 – RPW Shockwave Regular Area (3,000 pulses)**
- ✓ **Package: Buy 4, get one free.**
- ✓ **\$115 – Chiropractic visit + RPW Shockwave (4,500 pulses)**
- ✓ **\$155 – 90-minute massage + RPW Shockwave (4,500 pulses)**

RPW Shockwave can be an add-on to a 90-minute massage

In this case, we offer a lower fee since the RPW will substitute some hands-on massage time, but the benefit is worth it as those painful, stiff areas will release much better and over time the Shockwave stimulus should help the tissue heal and repair. Our LMT Doug can use the **enPulsPro** and his hands to provide a deep, therapeutic treatment that gives tremendous results beyond any typical massage you have experienced before. As an add-on, we use 4,500 pulses and Doug will use it in any areas needed. We anticipate the RPW will use about 10 minutes of the total massage time. **A \$200 value.**

Patients often have continued reduction of trigger points and myofascial pain over time with each session that RPW is used. This is significant as it may decrease the frequency that massage treatments are needed. The Radial Pulse Shockwave treatment is a regenerative process, and it takes time for the body to fully repair the chronically damaged tissue which gives a lasting result.

