

S&E Center Regenerative Modalities

Shoulder Pain Treatments

Thank you for considering *Spine & Extremities Center* for your care. Our contribution to your care would be focused on ***Focused and/or Radial Shockwave, High Energy Induction Therapy (HEIT), and Class IV Medical Laser***. A summary of the treatment and included items are outlined below.



Radial Pulse Shockwave

*Please refer to our general informational handout for descriptions of the modalities and therapeutic effects and goals common to treating musculoskeletal disorders.

This program is typically used for shoulder pain from **impingement, rotator cuff tendinitis, partial rotator cuff tears, adhesive capsulitis, arthritis, and shoulder bursitis.**

It can be used for full thickness rotator cuff tears in patients who are not pursuing surgery and desire pain management.



A Shockwave treatment being applied to the rotator cuff tendons and subacromial/subdeltoid bursa.



Osteopathic/Chiropractic Services

You may receive Osteopathic Manipulative Therapy (OMT) or chiropractic care as well if desired and indicated by your exam findings. Our manipulation services at our office are self-pay and not billed to insurance. The regenerative physical medicine modalities in the treatment plan are not covered by or billed to insurance and the program fee would be collected on the first day of your treatment if you choose to move forward.

Many shoulder conditions have coexistent cervical and/or thoracic spinal segmental restrictions or somatic dysfunctions. You can request a focused spinal structural exam with a cervical and thoracic manipulation/adjustment for **\$30** (this self-pay option is not available for Medicare patients).

General advice

We ask that you also continue conservative care that is medically accepted or was previously advised for your condition.

You may experience soreness for 1-2 days after a treatment with **Shockwave** and less commonly with **HEIT**. Please avoid the use of ice during therapy and attempt to avoid NSAIDs entirely if possible. Tylenol or aspirin can be used for pain if needed.

Patients often report ***continued improvement in symptoms for several months*** after the final session as the natural regenerative process completes.



Summary of program and fees:

- Our comprehensive program is six (6) sessions of combined *Radial and/or Focused Shockwave, HEIT, and/or Class IV Medical Laser* over about 8 weeks. The modalities used will be prescribed by the treating doctor and then are performed by one of our staff members trained in the advanced modalities. Treatments are 7-14 days apart and as you progress these treatments will be further apart as the healing/regenerative process occurs.

There are two options to choose from in consultation with your doctor.

- ✓ The six-session **comprehensive multi-modality** program is **\$795**. If you began with the **\$200** comprehensive initial visit and schedule your follow-up treatment within one week, the fee is **\$595** for the remaining five sessions.
- ✓ A **Shockwave-only** option is available, this fee is **\$595** for **six sessions**.



Patients often have continued improvement for several months after the sixth session. Although most patients feel a significant improvement in pain, increased range of motion, and improved function during the program, our treatments are also initiating a regenerative process and it takes time for the body to fully repair the chronically damaged tissue.

