



After-Care Instructions:

Rest and Recovery: After a StemWave treatment, it is important to allow your body time to rest and recover. Being that the focus of the therapy is to reduce inflammation/pain along with triggering the immune system to promote regenerative effects through angiogenesis, strenuous activity can limit and even counter the effects of the StemWave treatment. Due to this, strenuous activity should be avoided for 24–48 hours following a treatment (depending on activity and guidance from your StemWave healthcare provider).

Ice & Heat: StemWave is a standalone therapy in that there is not a need for ice/heat following treatment. Pain/inflammation reduction due to true ESWT occurs primarily through affecting voltage-gated sodium channels and M1 to M2 macrophage phenotype change. Ice slows blood flow and reduces nerve conduction whereas heat increases blood supply to an area. Both can have adverse effects on desired StemWave treatment results, reducing effectiveness.

Pain Management: The StemWave treatment is for pain/inflammation reduction along with enhancing regenerative effects through angiogenesis and subsequent mesenchymal stem cell recruitment. There is no need for adding pain/muscle relaxant medication to go along with the treatment. If you are already taking prescribed medications when you start a course of StemWave care, do not stop them unless advised to do so by the doctor who prescribed them.

Nutrition/Hydration: Proper nutrition is vital for the healing and regenerative process. There are many ways to address reducing system inflammation because of diet, and if unfamiliar, you should work with someone who can help you with this topic. Staying hydrated is important for many health reasons. This applies for helping the body heal from injury as well as aid in recovery. Regardless of the time of year, drink plenty of fluid. Guidelines state that men should consume 15.5 cups of fluid and women 11.5 cups per day.