

Shockwave Patient Information

(Extracorporeal Pulse Activation Technology - EPAT)

What Is EPAT (Shockwave) Therapy & How Does It Work?

Extracorporeal Pulse Activation Technology (EPAT), also known as Shockwave Therapy, is a non-invasive treatment that uses acoustic pressure (sound) waves to stimulate the body's natural healing response. By increasing circulation and promoting tissue repair, EPAT helps reduce pain, improve mobility, break down scar tissue, encourage collagen production, and support healing of injured muscles, tendons, ligaments, and other connective tissues. Rather than simply masking symptoms, it works to address the underlying source of many chronic musculoskeletal conditions.

EPAT has been used successfully for many years to treat a variety of chronic musculoskeletal conditions and is commonly used alongside chiropractic care and rehabilitation.

Common Conditions EPAT May Help With

EPAT is commonly used to support recovery from:

- Plantar fasciitis and chronic heel pain
- Achilles tendon pain
- Tennis elbow (lateral epicondylitis)
- Golfer's elbow (medial epicondylitis)
- Rotator cuff injuries and shoulder tendon pain
- Patellar tendon pain (jumper's knee)
- Hip bursitis
- Hamstring and gluteal tendinopathy
- Chronic neck and back muscle pain
- Trigger points and myofascial pain
- Other chronic tendon, ligament, and soft tissue injuries (including any condition ending in -itis)

Many patients choose EPAT after months of persistent pain when other conservative treatments have not provided lasting relief.

Benefits of EPAT Therapy

Patients often choose EPAT because it is:

- Non-invasive
- Drug-free
- No injections or surgery required
- Quick treatment sessions (typically 5–10 minutes)
- Little to no downtime afterward

EPAT may help support:

- Faster healing
- Reduced pain and inflammation
- Improved mobility and flexibility
- Increased circulation
- Improved tissue regeneration
- Better long-term function

What to Expect During Treatment

Each treatment takes about **5–10 minutes**. Ultrasound gel is applied to the treatment area while a handheld applicator delivers acoustic pressure waves to the injured tissue. The intensity is adjusted to your comfort level. Most treatment plans include **3–5 sessions**, typically one week apart. Some patients notice improvement after the first visit, while others experience gradual improvement over several weeks as healing continues.

Preparation & Aftercare

To help maximize your results:

- Drink plenty of water before and after each treatment.
- Avoid NSAIDs (such as ibuprofen or naproxen) and anti-inflammatory supplements during your treatment plan and for approximately four weeks afterward, as these may interfere with the body's natural healing response.
- Follow any activity recommendations provided by your doctor.

Possible Risks & Side Effects

EPAT is considered a very safe, non-invasive treatment with few reported side effects.

Some patients experience mild discomfort during treatment or temporary redness, swelling, tenderness, or minor bruising. These effects are typically mild and resolve within a few days.

Contraindications

EPAT may not be appropriate for individuals with certain medical conditions. Be sure to inform your provider if you have:

- Serious cardiovascular disorders
- A pacemaker that is not approved for pressure wave treatment
- Active cancer in the treatment area
- Pregnancy or are breastfeeding
- Phlebitis or deep vein thrombosis (DVT)

Your doctor will determine whether EPAT is appropriate for you.

Why Consistency Matters

Healing takes time. While some patients notice improvement quickly, many conditions respond best after completing the full recommended series of treatments.

Consistent care allows your body to continue repairing damaged tissues and may help improve long-term outcomes.

Our goal is to help your body heal, recover, and function at its best. EPAT is one of the many integrative therapies we use to reduce pain, support tissue healing, and help you return to the activities you enjoy.

Our promise to you is that we will do everything in our power to earn your trust and exceed all of your expectations. If you have any specific questions or feedback, please don't hesitate to ask!

The Team at Thompson Chiropractic Clinic

Text or Call to Schedule: 763-972-3447
Book online: www.thompsonchiroclinic.com