RIVERBEND FAMILY CHIROPRACTIC

CHIROPRACTIC | REHABILITATION | INJURY CARE

Destrehan, Louisiana

STEMWAVE THERAPY

Focused acoustic wave therapy for musculoskeletal pain and recovery

WHAT IS STEMWAVE?

StemWave uses focused acoustic waves - mechanical energy, not medication or an injection. It is designed to provide temporary relief of minor muscle and joint aches and pains and to improve local blood supply.



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COMMON AREAS WE ADDRESS

- **Knee & hip discomfort**
  Activity-related aches and joint stiffness.
- **Shoulder & elbow pain**
  Common overuse and soft-tissue complaints.
- **Foot & ankle pain**
  Heel/plantar-area and tendon-related discomfort.
- **Back & neck discomfort**
  Targeted care for painful or sensitive areas.

REASONABLE EXPECTATIONS

- StemWave is not a one-visit "fix." Some people notice early symptom change; others improve gradually.
- A typical plan may involve multiple visits. StemWave materials commonly describe about 8-12 sessions.
- Progress is judged by function as well as pain: walking, lifting, sleeping, motion, activity tolerance, and recovery.
- Long-standing tendon or joint problems usually take longer than a fresh, mild soft-tissue irritation.
- Results vary. The goal is steady improvement while supporting normal recovery.

WHAT SHOULD I FEEL?

Treatment is generally brief. Sensitive areas may feel tender or "tappy," and mild post-treatment soreness can occur. Most patients can return to normal daily activity afterward.

Riverbend Family Chiropractic

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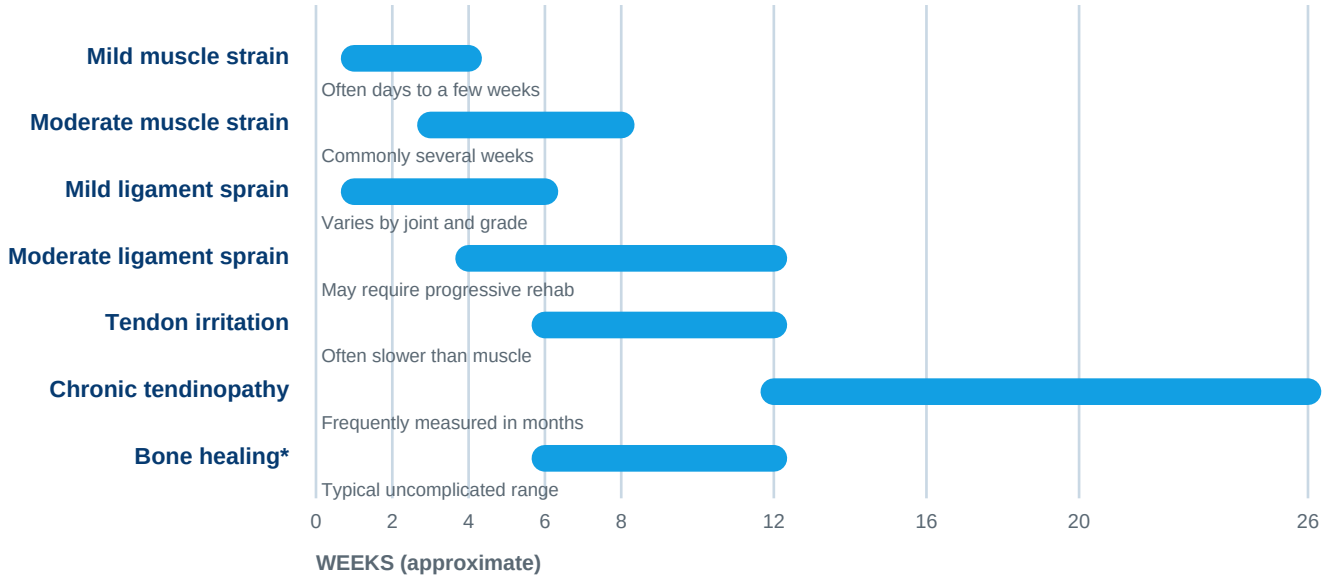
Educational handout. Individual results vary. StemWave does not replace diagnosis, rehabilitation, or medical care when indicated.

HOW LONG DOES HEALING TAKE?

Typical tissue-recovery windows - not a promise of StemWave results.

Pain can improve before tissue has fully recovered. Healing time depends on injury severity, age, health, activity level, chronicity, sleep, nutrition, loading, and rehabilitation.

TYPICAL RECOVERY WINDOWS



*Included for general education; StemWave's labeled intended use is not fracture healing.

WHY IMPROVEMENT TAKES TIME

1. CALM THE AREA	Early care focuses on symptom control, tolerable movement, and reducing aggravating load.
2. RESTORE MOTION	As symptoms settle, mobility and normal movement patterns are gradually restored.
3. REBUILD CAPACITY	Strength, tendon/soft-tissue loading, balance, and endurance are progressed.
4. RETURN TO ACTIVITY	The final step is tolerating work, exercise, sport, and daily demands with confidence.

THE KEY: LOOK FOR A TREND, NOT A MIRACLE

A reasonable plan expects gradual gains over time. We reassess pain, movement, function, and activity tolerance and adjust care when progress is slower or faster than expected.

Questions about your recovery? 985-307-0977 | dradamroussel.com

Recovery ranges are broad educational estimates and vary by diagnosis and severity. Individual results vary.