

MyACT

Myofascial Acoustic Compression Therapy

Myofascial Acoustic Compression Therapy (MyACT) is widely used in the treatment of acute and chronic pain in muscles, tendons, and joints. MyACT describes the use of acoustic waves to target tissue at varying depths to compress and manipulate tissue resulting in a focused and precise deep tissue massage. The results of the mechanical stimulus delivered by MyAct can lead to increased circulation and pain relief which are key components of the healing process.

What is the story behind MyACT?

Many types of focused soundwaves have been used in the field of medicine with great success for more than 20 years. Based on a high level of evidence, Richard Wolf GmbH – a manufacturer of lithotripsy (ESWL) and orthopaedic (ESWT) devices – has specifically designed piezo therapy sources to generate low energy/low pressure applications for the treatment of myofascial and musculoskeletal pain.



PiezoWave²

Advantages of Myofascial Acoustic Compression Therapy

- Locates and alleviates musculoskeletal pain
- Non-invasive
- Reduces pain medications
- Outpatient treatment
- Short therapy time 7-12 minutes
- Only 3-5 treatments needed in most cases

The Piezowave2 therapy was developed by Richard Wolf, the leader in Lithotripsy therapy. While standard Lithotripsy is used to shatter large kidney stones into fragments small enough for the patient to pass with minimal discomfort, the Piezowave therapy is used to address many common soft tissue issues.

How Does Piezowave2 Therapy Work?

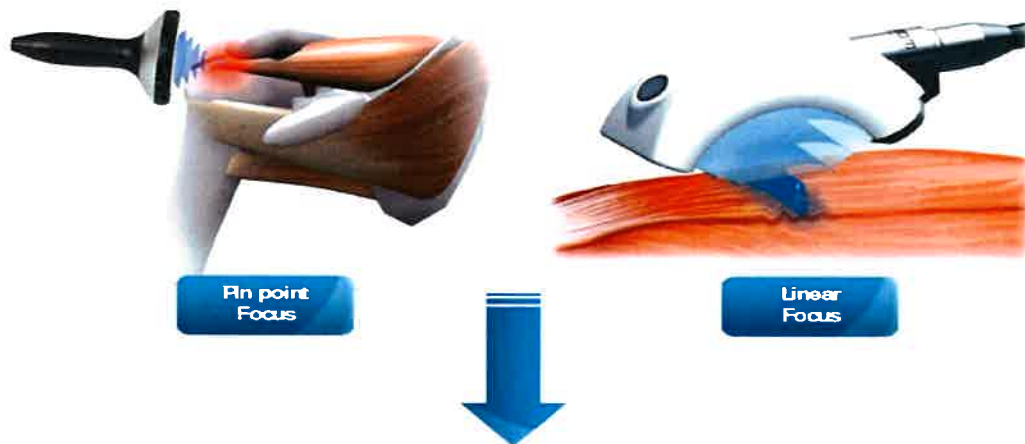
The Piezowave2 machine delivers thousands of high energy sound wave impulse to the affected tissue. These impulses are thought to cause micro trauma to scar tissue and arthritic areas. As a result, it stimulates the body's natural metabolic activity, creates a healthy inflammatory response, and stimulates healing.

The Piezowave2 machine assists the doctor to identify very specific areas of injury and then delivers a series of impulses precisely where they are most effective. There is absolutely no pain or discomfort experienced in areas that are not injured.

In many instances there can be an immediate reduction of pain as well as improved mobility and function. Since it is non-invasive, there is no need for

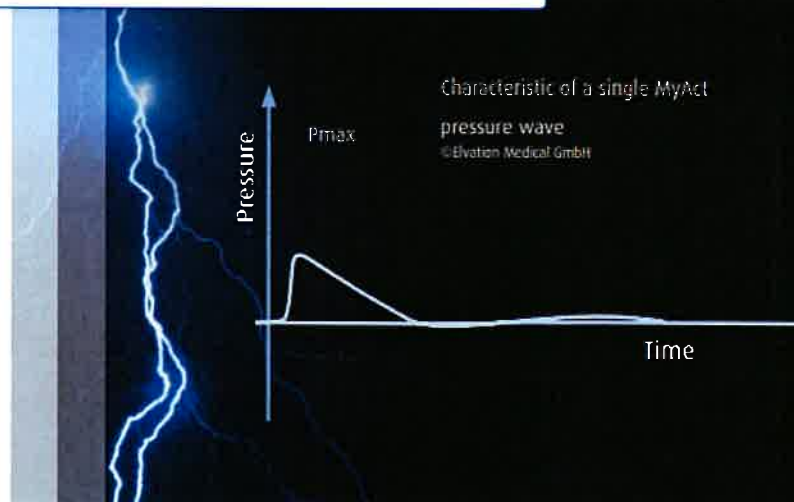
anesthesia. The most common minor side effect following treatment is soreness in the treated area that will normally dissipate in a short amount of time.

FOCUSED SHOCKWAVE



Physical principles of acoustic single pressure wave

Acoustic pressure waves are mechanical waves that result from the back-and-forth vibration of the particles of the medium through which the sound wave is moving. A MyACT single pressure wave is characterized by an acoustic pulse with a spatial expansion and a very short rise time of only a few nanoseconds. After a few microseconds, the rise is followed by a brief period of negative pressure, after which pressure returns to normal again.



Who can benefit from Piezowave2 Therapy?

PiezoWave2 Pain Treatment is a revolutionary pain-relieving therapy that offers a very effective alternative to injections and surgery for the following conditions:

- 1 Lateral epicondylopathy of the elbow (tennis elbow)
 - 2 Calcifying tendinopathy of the shoulder
 - 3 Medial epicondylopathy of the elbow
 - 4 Myofascial syndrome / Trigger point treatment
 - 5 Pseudarthroses / Stress fractures
 - 6 Greater trochanteric pain syndrome
 - 7 Patellar tendinopathy
 - 8 Medial tibial stress syndrome
 - 9 Plantar fasciitis, with or without heel spur
 - 10 Achilles tendinopathy
- and much more...



piezowave-2-eswt-e
xtracorporeal-shock

Frequently Asked Questions:

How Does It Work?

The mechanical energy that myofascial acoustic compression therapy provides encourages and stimulates fibroblasts and growth factors to promote healing and increase cell metabolism and local blood flow to the affected area. The treatment is painless because these are pressure sound waves, not electric shocks. The good news is that PiezoWave Pain Treatment deeply penetrates tissue for healing that can't be achieved through manual adjustments.

What to Expect from The Treatment?

During every session, 1000 to 2000 pulse waves will be delivered to an area being treated lasting about ten minutes. You will see maximum benefits with five to six treatments per area with three to five days to allow for proper recovery time. PiezoWave Pain Treatment is believed, and has clinically proven, to have the following effects:

- Facilitate healing
- Eliminate pain
- Stimulate the “washing away” of Substance-P (a pain-producing chemical)
- Increase the body's collagen production
- Increase microcirculation leading to enhanced tissue metabolism
- Help dissolve calcific fibroblasts
- Reduce muscle tension
- Improved function and range of motion to the joint

How Long Does Each Treatment Take?

Each session of PiezoWave Pain Treatment takes about five to ten minutes. During the session, our therapist or staff will deliver 2000 to 3000 pulse waves into the affected area being treated. The delivery of about 2000 pulse waves lasts approximately five to ten minutes. You will need three to five treatments.

How Many Treatments Are Required and How Often?

Many conditions need three to five sessions. The treatments can be done five to ten days apart depending on tissue response and patient tolerance. Worldwide reports show that *PiezoWave Pain Treatment* has a very high success rate. At our clinic, our patients have reported positive

results in line with these parameters and most get a positive benefit with just one treatment! We have been quite successful with this treatment and are excited to help more patients like you. For patients who don't respond positively to PiezoWave Pain Treatment, we consider other modes of therapy and treatment, and we will make proper referrals to the right specialists.

Does It Hurt?

Depending on the patient's current level of pain and the area of treatment, the degree of discomfort varies significantly. The intensity of a treatment session also varies, and many patients can tolerate treatment well because the intensity varies depending on patient tolerance.

Will There Be Pain After the Treatment?

Many patients experience immediate pain relief after [PiezoWave Pain Treatment](#). However, they may experience soreness in the area within two to four hours. According to different clinical reports, the soreness is usually very tolerable and can last a couple of hours to some days.

DO NOT use ice on the area if you experience this soreness. One of the desired effects of PiezoWave Pain Treatment is an "inflammatory response." Therefore, the use of anti-inflammatory medications (such as Advil, Ibuprofen, Aleve, Motrin, etc.) isn't recommended. Many patients report great results with Tylenol. You may take medication as you see fit or based on your doctor's recommendation and advice. The soreness will disappear within 4 to 24 hours without any intervention.

Is Physical Activity Allowed After Treatment?

We always recommended that you refrain from any physical activity, especially those that would involve the treated area for 48 hours after every treatment.

How Is PiezoWave Pain Treatment Different from Ultrasound?

Like ultrasound, PiezoWave Pain Treatment is a non-invasive procedure. However, the treatment can penetrate precise depths underneath your skin between 0.5 mm and 3 cm. This is much deeper than the standard ultrasound. Also, Piezowave treatment does not create tissue heating it creates mechanical pressure in your tissue which creates inflammation.

PiezoWave Pain Treatment is useful in identifying trigger points that are discrete, focal and hyperirritable spots in the taut band of your muscle. Trigger points can generate pain, both locally and in the referred pain patterns, and may accompany chronic musculoskeletal disorders.

Is It Safe?

Absolutely yes, there's no risk involved when using the PiezoWave Pain Treatment, and it's regarded a safe alternative to invasive procedures such as surgery and injections. The treatment is 100% non-invasive.

Is It Safe If I Have A Medical Condition Such as Diabetes?

Yes, with a few exceptions. If you're pregnant or think you may be pregnant, the treatment cannot be used. Furthermore, if you have an infection, blood clotting disorders, tumor tissue, or taking blood thinning medication, then PiezoWave Pain Treatment does not suit you.

Are There Any Contraindications?

PiezoWave Pain Treatment is unique in the sense that it does not generate heat unlike ultrasound therapy, a commonly used modality. Therefore, the treatment makes it suitable for post-surgical conditions. However, this therapy is not indicated with some conditions including:

- Epiphyseal plate in the shockwave entry window/focus
- Pregnancy
- Heart or circulatory problems
- Blood-thinning medications and blood clotting disorders
- Infections
- Tumor tissue
- Lung tissue in the focal area
- Treatment of the head or brain

Why Choose PiezoWave Pain Treatment?

- 100% Safe
- Patient Guided Focused Therapy
- No Anesthesia
- Non-Invasive
- No Downtime
- Outpatient Treatment
- Low Treatment Costs

PiezoWave2 Pain Treatment

What makes PiezoWave2 Pain Treatment unique is that it's one of the very few modern technologies in the medical field that works well when an injury reaches a chronic, non-healing state. It helps restore strength and mobility to injured ligaments and muscles.

We're the only facility in the entire area that offers this revolutionary technology, and we're dedicated to helping all patients get back to their healthy and happy lifestyle. PiezoWave2 Pain Treatments aren't covered by insurance policies currently.

Do you have any questions regarding more details of the treatment, side effects or payment options? Please feel free to contact us today for more information.

Piezowave2 MyACT Focused Shockwave Therapy

PiezoWave2 – MyACT is Acoustic Compression Therapy which uses acoustic mechanical sound waves to remodel tissue at the cellular level by addressing a large variety of conditions including, scar tissue, calcification, tendinopathy, bursitis, capsulations and so much more.

Indication:

- Carpal Tunnel Syndrome
- Tennis Elbow & Golfers Elbow
- Calcific tendonitis of the shoulder & Frozen Shoulder
- Trigger point treatment
- Greater Trochanteric pain syndrome
- Patella tip syndrome
- Medial Tibial Stress Syndrome – Shin Splints
- Plantar Fasciitis
- Achilles Tendinopathy
- Sacroiliac Joint Pain
- Any soft tissue, muscle, or ligament issue

Advantages of Myofascial Acoustic Compression Therapy

~ Non- invasive ~ Locates and alleviates musculoskeletal pain ~ Improves mobility ~
~ Reduces Pain Medication ~ Improves range of motion by eliminating adhesions ~
~ Improves circulation, alleviates pain and tight muscles and promotes healing ~

Contraindication:

- Infections/skin abrasions over the treatment area
- Tumor/lung/brain tissue in the area of treatment
- Pacemaker (direct treatment zone)
- Pregnancy (direct treatment zone)
- Taking blood thinners (relative, doctor and patients call, could create bruising)
- Blood clotting disorder
- Received a steroid injection within 2 weeks in treatment area
- Neuropathic conditions affecting sensation in the treatment area

MyACT is not a new concept by any means. Extracorporeal Shockwave Therapy has been used to help break up kidney stones and gallstones for more than 30 years. MyACT is the latest generation of this technology to be developed through scientific advances in medical research for the safe and often pain free treatment of many musculoskeletal, fascial, and vascular conditions.

Explanation of PiezoWave2 – MyACT (Myofascial Acoustic Compression Therapy)

PiezoWave2 – MyACT is Acoustic Compression Therapy which uses sound waves to REMODEL TISSUE AT THE CELLULAR LEVEL by addressing a large variety of conditions including, scar tissue, calcification, tendinopathy, bursitis, capsulations and so much more.

PiezoWave2 technology is based off the same conceptual technology as lithotripsy to break up kidney stones just with lower, more pinpoint energy. A good way to explain it to your patients is to think of a submarine at the bottom of the ocean, they cannot see in front of them so they send out sonar waves (sound waves) to find anything that may be in front of the submarine and when it finds something it sends a signal back to the sub. This is the same idea or concept with MyACT.

The patient does not feel anything during treatments when you are over healthy or hydrated tissue. The patient will feel a dull aching feeling when you pass over any compromised tissue, making it easy to know that you are on the correct location so you can address the soft tissue injury directly.

One of many unique things about the PiezoWave2 is that you get biomechanical feedback from the patient while doing the treatment so you know you have located the correct spot. When you find the compromised tissue the patient feels a dull aching feeling almost like a toothache or pushing on a bruise.

At this point you ask the patient, “On a scale of 1 -10 what is your pain level?” You want the patient to be around 5,6, or 7. If the patient feels 8, 9, or 10 (unless they can tolerate it) you would move off the injury site and come back in 30 seconds for the nerve’s signals to relax. After you get the patient to a 5, 6, or 7 you will deliver several pulses until the patient starts to feel the dull aching feeling diminishing down to a 1 or 2 and this will happen in about 30 to 45 seconds.

The difference between the therapy sources are:

1. The Pinpoint (F7G3) is exactly that pinpoint and has 250 piezo crystals in one layer and is ideal for most treatments- especially insertion points and precise treatments.
2. The Linear (FBL) therapy source covers more surface area linear wise and had 450 piezo crystal in two layers giving more energy output to cover the larger treatment area. Linear is ideal for larger muscle groups such as quads, hamstrings, etc. Some of our sports teams use the linear to wand the area to increase blood flow for pre and post workouts.

With the PiezoWave there are two adjustments on the control unit for frequency of pulses per second ranging from 1 - 8 pulses per second and the other is the intensity level from (0.1 up to 18). Most people do not get above 10, so there is more than enough energy output and pulses per second with the PiezoWave. Most treatments are around 8-10 mins averaging 1,000 – 2,500 pulses.