



THE BACK ALLEY

CHIROPRACTIC & MASSAGE

PIEZOWAVE² PROGRAM INFORMATION

What is the PiezoWave² Treatment Program

PiezoWave² - MyACT is Myofascial Acoustic Compression Therapy which uses sound waves to remodel tissue at the cellular level by addressing a large variety of conditions including scar tissue, calcifications, 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 you 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.

What are some advantages of PiezoWave² MyACT?

- Focused pain relief
- Locates and alleviates musculoskeletal pain
- Improves mobility
- Non-Invasive
- Reduced Pain Medications
- Increased circulation
- Outpatient treatment
- Patient guided pain relief
- Treats acute and chronic pain in muscles, tendons, and joints
- Short therapy time of approx. 10-20 min
- With Acute Pain, A Single Session Is Often Successful

How long does treatment take?

A typical PiezoWave² treatment takes between 10 and 20 minutes. Normally, 1-2 treatments per week are performed. A total of 3-5 treatments may be necessary before lasting improvement is achieved. With acute pain, a single session is often successful.

Are there known side-effects of PiezoWave² Therapy?

Treatment side-effects are limited to reddened skin and/or minor soreness at the treatment site.

What to expect during your initial PiezoWave² MyACT treatment:

1. After a brief discussion, your clinician will identify the treatment site or sites. Be sure to ask any questions you may have at any time during your treatment.
2. They will then apply a thin coat of coupling gel to the site. This gel helps to translate the acoustic sound waves generated by the therapy head to the body.
3. The clinician will start the treatment at a very low output setting and increase the power to a level that you help define and is best suited for your condition. The output level and acoustic wave frequency rate may vary from location to location based on the depth and type of tissue being treated.
4. As the clinician moves the therapy source around the treatment area, you may feel a deep, dull ache that is familiar to you as being like the feeling your condition produces. The clinician will ask you to report when you feel the ache and will adjust the output of the device to the appropriate level for your treatment. They may also ask you to confirm that the therapy source is still creating the ache and may adjust the location of the treatment based on your feedback. If at any time the treatment becomes uncomfortable, mention this to the clinician and they will adjust the output level.
5. After the treatment is completed, the coupling gel will be removed, and you can return to your normal activities. You may experience some minor aches or discomfort after treatment. It is not unusual for patients to notice flushed or reddened skin around the treatment site. If you are able, try to refrain from using any compression brace or anti-inflammatory medications for up to 5 hours following your treatment.

How to dress for your treatment:

If we are treating a lower extremity (i.e. knee, ankle, etc.), be sure to bring or wear shorts. If the treatment area is your shoulder or hip, make sure to wear loose fitting clothing, it may be necessary to change into a gown. You'll need to wear a short sleeve shirt for treatment on your elbow. If you are unsure about what you should wear, please contact a member of our staff.

If you have additional questions, contact a member of our staff at any time. You can also visit our website for more information.