



DENVER VITALITY CENTER

Dr. Mark Armbruster

## **Extra-Corporeal Pressure Wave Therapy Consent Form**

### **What is Extra-Corporeal Pressure Wave Therapy?**

Pressure Wave Therapy is a series of high energy percussions delivered to an affected area. The pressure wave is a physical sound wave “shock,” not an electric one.

### **How does it work?**

1. Treatment produces an inflammatory response. The body responds by increasing metabolic activity around the site of pain. This stimulates and accelerates the healing process (promotes the remodeling of dysfunctional collagenous tissues such as tendinopathies, trigger points, muscle strains, etc).
2. Percussions breakdown scar tissue and/or calcification.
3. Transmission of pain is diminished through neurological mechanisms.

### **What are the benefits of Pressure Wave Therapy?**

This therapy stimulates the body’s natural self-healing process. There is actually an immediate reduction of pain and improved range of motion. Pressure Wave Therapy may also eliminate your need for surgery.

### **How long does the treatment last?**

Approximately 2,000 percussions are administered per treatment area (the duration of which, is approximately 5 minutes). Some patients and/or conditions require more percussions and duration, depending on severity and chronicity.

### **Am I a good candidate for the Pressure Wave Therapy?**

Your initial appointment will include a comprehensive exam with the doctor. During the exam, the doctor will discuss the therapy treatment and whether or not you are a candidate for this type of treatment.

### **How many treatments will you need?**

Normally three to five treatments are necessary at weekly intervals, however; there is a possibility that additional treatments may be necessary if your condition is very chronic. Should you not respond in this time, your case will be reviewed with the doctor to determine if more treatments are needed or if you need a referral. Success rates with the Pressure Wave Therapy are unparalleled, with 75%-95% improvement.

### **What are the treatment costs?**

The treatment cost is dependent upon the area, severity, and chronicity, which will be discussed with the doctor at your initial appointment. Treatments range from \$200-\$750.

### **Does the treatment hurt?**

It is a short treatment, usually 5-20 minutes, which may be uncomfortable. However, most people are able to easily tolerate it. If you cannot tolerate it, adjustments on the machine can decrease the pressure you feel. After the treatment, you may experience discomfort 2-4 hours after the therapy. In some cases, it can last up to 48 hours, and in very rare cases, the pain lasted up to five days. Some bruising and swelling can occur.

**What should you do if you are in pain after treatment?**

The Pressure Wave will trigger an inflammatory response, which is the body’s natural process of healing. For this reason, do NOT use anti-inflammatory medications. DO NOT use ice. The pain should subside within 24 hrs. Use Tylenol if necessary, provided you have no trouble with this medication.

**What if it feels good after the treatment?**

Even if it feels good, we recommend decreased activity for 48 hours following the treatment.

**Is Pressure Wave Therapy covered by Insurance?**

No, unfortunately, insurance companies do not cover this type of therapy. Payment for your therapy is due on the date of your session.

**What is the success rate of this kind of therapy?**

A successful treatment is considered as a patient having at least 75% reduction in pain within three months of therapy. Worldwide, success rates are around 75%-95%.

**What if it doesn’t work for me?**

Although the short term effects alone are exceptional, the long-term benefits of this treatment may take three to four months. If after this time, there has not been any marked improvement, you should see the doctor for further treatment options.

**Contraindications and/or Precautions:**

- Coagulation disorders, thrombosis, heart or circulatory patients
- Use of anti-coagulants, especially Marcumar, Heparin, or Coumadin
- Tumor diseases, Carcinoma, cancer patients
- Pregnancy or children
- Polyneuropathy in case of diabetes mellitus
- Cortisone therapy up to six weeks before treatment

**Side effects:**

(These typically abate after 5-10 days)

- Swelling, reddening, hematomas
- Petechiae, bruising
- Pain
- Skin lesions (especially after previous cortisone therapy)

**Why am I being asked to sign a consent form?**

Pain can increase temporarily. Bruising and/or swelling are also possible. We want you to be informed of all aspects. By signing below, you acknowledge that you understand and accept the risks, benefits, and costs of Pressure Wave Therapy and consent to having this therapy administered at Denver Vitality Center under the supervision of Dr. Mark Armbruster.

Patient Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_





