OMD HAND SURGERY · ANDREW YANG, MD

Shockwave Therapy for Pain

What to expect with radial shockwave therapy (Zimmer enPuls 2.0)

What it is

A hand-held device that sends short, gentle pulses of pressure through your skin to treat sore muscles and tendons. It is non-surgical, uses no needles, and most people need no numbing medicine.

How it works

A small piece inside the device is pushed forward by a magnet and taps the tip. The pulses reach about 1.5 inches under the skin, so it is meant for problems near the surface. Researchers think the pulses may calm pain signals and encourage healing in irritated tissue, but the exact reasons are not fully known.

What a visit is like

- About 10 to 15 minutes.
- We find the sore spot by pressing and asking where it hurts, then apply gel.
- You will feel tapping and pressure. It can be uncomfortable. We start gently, and you can ask us to stop at any time.
- Back to normal activity afterward. Soreness, redness or mild bruising for a day or two is common.

Who should not have this treatment

Tell us first if you:

- are or may be pregnant
- have a pacemaker or implanted electronic device
- have a tumor, infection or open wound in the area
- take blood thinners (including aspirin) or bleed easily
- have metal plates or screws in the area
- had a steroid injection there recently
- have poor circulation or nerve problems there
- are a child, if over a growth plate

Possible side effects

Mostly mild and short-lived: pain during treatment, redness, swelling, tiny red dots and bruising. Serious problems are very rare.

Conditions it may help, and how often to come

Condition	What research shows	Usual visits in studies
Plantar fasciitis (heel pain)	Strongest evidence	3, about 1–2 weeks apart
Outer hip pain	Helpful; better than a steroid shot over several months	3, one week apart
Achilles tendon pain	Helpful, often with calf exercises	3, one week apart
Tennis elbow	Mixed; one study found no benefit	3 to 5
Carpal tunnel syndrome	Some benefit in small studies	3 to 4, one week apart
Trigger finger	Small studies; similar to a steroid shot	About 3 or more
De Quervain (thumb-side wrist)	Small studies show benefit	3 to 5
Tight, knotted muscles	Reasonable but limited evidence	3 to 8, once or twice a week

The research is mixed. It helps many people but not everyone. Most people improve over several weeks after the series, not right away.

Our plan: 3 treatments, one week apart. Some conditions may need more visits. We will go over this with you after your third.

Pay per visit	Prepay all three
$300	**$250**
per treatment	per treatment · $750 total

Important to know. The device is listed with the FDA as a therapeutic massager. It has **not been cleared by the FDA to treat tendon or joint conditions**, so using it for the conditions above is off-label. Insurance **usually does not cover** shockwave therapy; it is a self-pay service. Results vary and it is not a guaranteed cure. Tell us if your pain worsens or you have new numbness, weakness or swelling. Please ask our staff about our refund policy for prepaid treatments.

General information, not medical advice for your specific condition. Your doctor will talk with you about whether this treatment is right for you.