

Shockwave Therapy at Petoskey Chiro

What Is Shockwave Therapy?

Shockwave therapy is a non-invasive treatment that uses high-energy sound waves to stimulate the body's natural healing processes. When these sound waves penetrate the tissue, they help increase circulation, break up tight or damaged tissue, and encourage faster repair at the cellular level.

At our clinic, we use focused shockwave therapy, not radial shockwave.

Focused systems allow the sound waves to reach deeper, more precise layers of tissue making it ideal for stubborn injuries or chronic pain that hasn't responded to other treatments.

Because the search for "Shockwave," "Shockwave Therapy," and "Shockwave Therapy Machine" has grown significantly online, more patients are discovering how effective this treatment can be for long-standing musculoskeletal conditions.

Conditions Shockwave Therapy Can Help With

Shockwave is especially effective for injuries involving tendons, ligaments, and connective tissue. Patients commonly seek treatment for:

- Tendinopathy (chronic tendon irritation or degeneration)
- Plantar fasciitis and heel pain
- Rotator cuff injuries and shoulder pain
- Runner's knee or patellar tendinopathy
- Bursitis
- Tennis elbow
- Golfer's elbow

Whether the pain is new or something you've been dealing with for months, focused shockwave therapy helps stimulate healing in areas that typically receive poor blood flow.

What to Expect During a Shockwave Therapy Session

A typical treatment is quick, targeted, and designed to be as comfortable as possible. Here's what your appointment will look like:

1. A specialized gel is applied to the skin to ensure the sound waves travel smoothly into the tissue.
2. Once the skin is prepared, the shockwave therapy machine delivers controlled pulses to the injured area.
3. Some mild discomfort can occur this is normal and usually indicates that the therapy is stimulating the affected tissue.
4. The entire session takes about 8–12 minutes, depending on the condition being treated.

Because the treatment is non-invasive, patients can return to their normal activities immediately after.

How Shockwave Therapy Works With Chiropractic Care

Shockwave therapy can significantly enhance the results of your chiropractic adjustments.

When muscles, tendons, or supporting tissues are inflamed or painful, chiropractic adjustments may feel uncomfortable or may not “hold” as long as they should. Shockwave therapy helps:

- Reduce inflammation
- Release tight or irritated tissue
- Decrease muscle tension
- Improve mobility before and after adjustments

By preparing the muscles and connective tissue, adjustments last longer, feel smoother, and are more effective overall. This combination is especially helpful for chronic, recurring, or activity-related pain.

Are There Risks or Side Effects?

Shockwave therapy is considered extremely safe. Side effects are generally mild and temporary, with some patients experiencing:

- Soreness
- Redness
- Swelling
- Light bruising

These effects typically resolve within a few hours to a couple of days.

Is Shockwave Therapy Right for You?

If you're dealing with chronic pain, tendon irritation, or a condition that hasn't improved with rest or traditional care, shockwave therapy may be an excellent option. Our focused shockwave system is designed to target deep tissue injuries precisely, stimulate healing, and support long-term recovery.

Book a consultation to see whether shockwave therapy can help you reduce pain and move comfortably again.