

### TRT Treatment Patient Info

Patient's Full Legal Name: \_\_\_\_\_ Prefer to be called: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F SS#: \_\_\_\_\_

Home Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Addresses: (H): \_\_\_\_\_ (W): \_\_\_\_\_

Phone #'s: (H): \_\_\_\_\_ (C): \_\_\_\_\_ (W): \_\_\_\_\_

Preferred method of contact:  Home Email  Work Email  Home Address  Home Phone  Cell Phone  Work Phone

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ P: \_\_\_\_\_

Whom may we thank for referring you?  Google  Facebook  Person: \_\_\_\_\_  Other: \_\_\_\_\_

Major Complaint: \_\_\_\_\_ Secondary Complaints: \_\_\_\_\_

Describe WHEN and HOW this began: \_\_\_\_\_

Grade Intensity/Severity of Complaint: None (0) / Mild (1-2) / Mild-Mod (2-4) / Moderate (4-6) / Mod-Severe (6-8) / Severe (8-10)

Quality of the complaint/pain: Sharp / Stabbing / Burning / Achy / Dull / Stiff & Sore / Other: \_\_\_\_\_

How frequent is the complaint present? Off & On / Constant

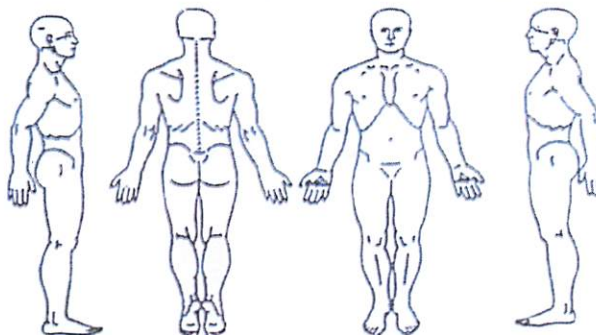
Does this complaint radiate/shoot to any areas of your body? No / Yes (If so, Where) \_\_\_\_\_

Does anything make the complaint better? Ice / Heat / Rest / Movement / Stretching / OTC / Other: \_\_\_\_\_

Does anything make the complaint worse? Sit / Stand / Walk / Lying / Sleep / Overuse / Other: \_\_\_\_\_

Which daily activities are being affected by this condition? (Describe) \_\_\_\_\_

Please (X) where you feel pain on figure



Boehmer Chiropractic &  
Acupuncture, P.C.

*Mind, Body, and Spirit*

**Extracorporeal Shockwave Therapy Patient Consent Form**

**Suitability for ESWT** (Extracorporeal Shockwave Therapy) also known as TRT and nicknamed "the stem cell machine" from the TV show The Doctors.

By answering the following questions, you will assist us to decide if you are suitable for ESWT.

- Do you have bleeding disorder / tendency? Yes / No
- Are you on NSAIDS or anti-coagulant treatment? Yes / No
- Have you been injected with cortisone this month? Yes / No
- Are you using a cardiac pacemaker? Yes / No
- Do you have cancer / tumor? Yes / No
- Do you have a tear in the tendon? Yes / No
- Do you have skin infection? Yes / No
- Are you pregnant? Yes / No

**RISKS OF THIS PROCEDURE**

- a) Pain and soreness. This is temporary and resolves after a week.
- b) The FDA has labeled this a "Non-Significant Risk" therapy.

Consent for Procedure:

I, \_\_\_\_\_, The Undersigned, do hereby consent to authorize the application of Extracorporeal Shockwave Therapy (ESWT) for my condition of \_\_\_\_\_. I have been fully informed of focal ESWT which use has been fully explained to me by my treating physician/staff, and I fully understand the nature of this treatment. I also confirmed that I have been given the opportunity to discuss and clarify any concerns and that no guarantees have been made to me as to the result/outcome of the treatment. I have been advised that the treatment with ESWT will be mostly for pain relief and may offer an improvement of function. I also understand foregoing treatment is not the first option for my condition and an alternate treatment has either already been provided or offered to me.

Patient or Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_ Staff

Witness(Print Name) \_\_\_\_\_ Staff

Witness Signature \_\_\_\_\_ Date \_\_\_\_\_

# **TRT OrthoGold 100™ Softwave Therapy**

*For Orthopedics & Sports Medicine*

*The non-invasive, pain-free, drug-free alternative to surgery*

[www.trtllc.com](http://www.trtllc.com)

## **1. OVERVIEW:**

- TRT is short for “Tissue Regeneration Technology” which is a state-of-the-art; non-invasive regenerative device that uses electro-hydraulically produced sound waves or acoustic waves to trigger a strong healing effect in the body. SoftWave™ therapy stimulates your body’s natural response for self-repair.
- Inside of the applicator head, SoftWaves™ are created through the use of an electrode contained within a soft latex dome filled with water. When charged with electricity, the electrode creates a spark under the water. This spark creates a hot bubble of gas that expands into the surrounding water and produces the SoftWave™ that travels out of the applicator and into the affected area being treated.
- These high energy acoustic waves penetrate deep into damaged tissue resulting in increased mobility and significant reduction, if not complete elimination of inflammation and pain in just the first treatment.
- Additionally, electro-hydraulically produced shockwaves have proven to have a 300% increase in small, medium and large diameter blood vessels within 12 weeks following the first treatment.
- **These high energy acoustic waves cause cell walls to become permeable allowing exosomes (and other stem cell attractant chemicals) to escape into the interstitial tissue mimicking cellular injury which triggers the migration of the body’s own stem cells to the area.** This is why it was coined “The Stem Cell Machine” after being featured on the TV show “The Doctors” in November 2019.
- There are no known significant negative side effects.
- This treatment is 100% atraumatic to tissues and cells. It essentially “tricks” the body into thinking it’s been injured resulting in an activation of the body’s own healing response.
- Most patients only require 4-10 treatments per affected area spaced 5-7 days apart.
- There is no down-time, no anesthesia, no injections and generally no activity restrictions after treatment.
- Not all shockwave therapies are the same. This device is the only Unfocused Electro-hydraulic extracorporeal shock waves therapy (ESWT) available in North America and approved by the FDA.

## **2. MAIN EFFECTS OF SHOCKWAVE THERAPY:**

- **Pain reduction**
- **Induces stem cells recruitment/migration to treated area**
- **Angiogenesis (new blood vessel formation)**
- **Reduces apoptosis (programmed cell death)**
- **Suppresses acute inflammation & modulates the inflammatory response**
- **Improves wound healing**
- **Induces neuronal regeneration (regeneration of peripheral nerves after injury)**

3. **SUCCESS RATE:**

The final outcome depends on a variety of factors, but most studies report a healing rate up to 85%. More than 80% of patients report improvement even after just one treatment. Depending on your condition you may require additional “booster” treatments in 2-3 months to maximize results. More severe or chronic degenerative conditions may take longer to heal, so be patient **and allow up to 12 weeks to evaluate your outcome as the biologic response and stem cell remodeling can be active up to 12 weeks after your final treatment and varies according to patient’s age and other comorbidities.** Lifestyle can also have a profound effect on healing outcomes.

4. **AFTER CARE:**

- It is not uncommon to be sore after your treatment, especially if you have severe degeneration or acute injury.
- Drink plenty of water after your treatments to help flush out inflammatory debris and reduce soreness.
- Stay compliant with your treatment recommendations.
- Avoid ice, heat or anti-inflammatory medications for 24 hours after your treatment.
- DO NOT base success or failure on 1 treatment. SoftWave™ therapy is cumulative and healing takes time.





# SoftWave

Tissue Regeneration Technologies

## Softwave Post-Treatment Information

Now that you have experienced your first ever Softwave Tissue Regeneration treatment, here are a few things that you can do to ensure you have the best possible outcomes.

You just received treatment on one part of your body that was experiencing pain as was identified by the pain or tenderness felt from the softwaves. These softwaves are electro-hydraulically produced sound waves that exit the applicator at 3,355 miles per hour.

This creates a shearing force on a cellular level that helps **break up scar tissue** and remove oxidative stresses that have built up around the cell membrane. This tricks the body into thinking there is a new injury without damaging the tissue, but helps activate an innate healing response on a cellular level. It also **decreases inflammation and pain** at the treatment site.

The best part is that research suggests this treatment stimulates your OWN STEM CELLS within 45 minutes of this treatment. Stem cells are the repairmen of the body. This helps attract other helper cells and reset the body naturally. These repair and helper cells are signaled to come out over the next few weeks and start the healing process to the damaged tissue.

Typically, after the third treatment, we should see a 60-75% reduction in pain. After 5-6 treatments, we should have the maximum stem cell production that will continue to migrate and repair the tissue over the next 8-12 weeks. Research shows a success rate for musculoskeletal disorders of 65-91%.

#1 - For the next 15-20 hours, you should notice the most decrease in pain and swelling, as well as an increase in range of motion and circulation.

#2 - The TRUE healing will be 8-12 weeks from now when the maximum amount of stem cells have been produced and migrated to the treated area.

#3 - **Please do not ice or take any Advil or Ibuprofen.** (this will lessen the effectiveness of your treatment.) Take care and rest the next 2-3 days until your next session. Do not go do rigorous exercise tomorrow even though you may feel great! We just ignited a healing process and we want your body to work on that instead of working on additional stress to the treated area.