

# SHOCKWAVE THERAPY WORKSHOP

April 25<sup>th</sup>-26<sup>th</sup>, 2025

Sunrise, Florida

## Unlock the Power of Shockwave Therapy: Focal and Radial

Two Days: Practical Understanding with Interactive Hands-on Training

### Workshop Outline

#### Day 1

- 730am Check-in
- 8am - 5pm

#### Morning Session

##### Coffee and Bagels

##### Introduction to Shockwave Therapy (Radial and Focal)

A comprehensive overview of the technology, including the differences between Radial and Focal systems and selection criteria for various conditions. This session includes a speaker-led demonstration to set the stage for hands-on learning.

##### In-Depth Didactic Topics Covering

- **Science of Shockwave Therapy:** What is it, and how can you tell if it is real shockwave.
- **Radial and Focal Protocols:** A detailed exploration of the science behind protocols for upper and lower body treatments, indications for using Radial vs. Focal systems, and patient selection criteria.
- **Clinical Decision-Making:** Evidence-based practices for joint and spine treatments, including identifying and adjusting for contraindications and patient-specific factors.
- **Case Studies:** Examples of successful outcomes for key conditions treated with Shockwave Therapy.
- **Advanced Techniques:** Strategies for enhancing treatment outcomes using new applications and combination therapies.

##### Pre-Treatment Diagnostics with MSK Ultrasound

##### Live Hands-On Scanning - for best treatment strategy and outcomes

- Identify the Pathology
- Know the depth
- Treat for best outcomes

##### Afternoon Session

##### Hands-On Session (Upper Body)

Participants are divided into groups, alternating between Radial and Focal applications over the two days. Focused practice includes:

- **Shoulder:** Rotator cuff injuries, tendinopathies.
- **Elbow:** Tennis elbow, golfer's elbow.

- **Spine:** Facet joints, paraspinal muscles, SI joints.  
Supervised practice provides live feedback from instructors.

### **Hands-On Session (Lower Body)**

Participants continue with alternating Radial and Focal applications over the two days.

Focused practice includes:

- **Hip:** Bursitis, muscle pain.
- **Knee:** Patellar tendinitis, arthritis, meniscal tears.
- **Ankle/Foot:** Achilles tendinitis, plantar fasciitis.  
Attendees refine protocols and techniques through instructor-guided stations.

### **End of Day 1 Q & A**

## **Day 2**

- 8am - 430pm

### **Morning Session**

#### **Coffee & Bagels**

### **Opening Day 2**

### **Hands-On Session (Upper Body)**

Continued practice on:

- **Shoulder:** Rotator cuff injuries, tendinopathies.
- **Elbow:** Tennis elbow, golfer's elbow.
- **Spine:** Facet joints, paraspinal muscles, SI joints.  
Participants receive live feedback from instructors.

### **Hands-On Session (Lower Body)**

Continued practice on:

- **Hip:** Bursitis, muscle pain.
- **Knee:** Patellar tendinitis, arthritis, meniscal tears.
- **Ankle/Foot:** Achilles tendinitis, plantar fasciitis.  
Instructor-guided stations help attendees refine their techniques.

### **Afternoon Session**

#### **Business Session: "Where's My Money? ROI"**

Strategies for increasing revenue through Shockwave Therapy, including marketing, patient education, and case studies on ROI from clinics successfully using this therapy.

#### **Roundtable and Q&A**

An open discussion with all speakers addressing clinical, technical, and operational questions. This collaborative session provides an opportunity to share challenges and solutions.