



## Targeted, non-invasive pain relief.

Myofascial Acoustic Compression Therapy (MyACT)<sup>™</sup> -  
A sound approach to treating acute and chronic  
musculoskeletal pain.

### Advantages of Acoustic Compression Therapy

- Alleviation of musculoskeletal pain
- Muscle relaxation
- Stimulation of tissue
- Improved blood supply
- Non-invasive, safe and effective
- Reduce need for pain medication
- Short treatment cycles



Part of the **Phoenix** family!

## Focusing in on pain

Myofascial Acoustic Compression Therapy (MyACT) describes the use of acoustic pulses to treat acute and chronic pain conditions of the musculoskeletal system. The WellWave system uses intense, short duration, acoustic energy waves that are generated outside the body. Acoustic waves are focused so that they converge at a point deep within the soft tissue where the pain originates. These acoustic waves exert a mechanical stress on cells, which stimulates re-initiation of stagnant healing processes and the remodeling of various conditions.

## The science behind WellWave

The science behind this treatment is similar to that of lithotripsy (the use of acoustic waves to break up kidney stones). WellWave relieves chronic inflammation by increasing the activity of mast cells, reducing inflammation. WellWave also helps to speed up collagen synthesis, repairing tissues. By stimulating collagen production and reversing chronic inflammation, this therapy often results in pain relief and faster healing times.

## Common conditions treated with WellWave:

- Back and neck pain, including pain from bulging/herniated discs
- Golfer's and tennis elbow
- Arthritis
- Shoulder pain
- Trigger points
- Adhesions
- Repetitive stress injuries
- Heel and foot pain, including plantar fasciitis
- Hip, leg and knee pain, and safe to use with total joint replacements
- Chronic pain in transitional areas between tendons and muscles

## What to expect during an Acoustic Compression Therapy treatment

- The clinician will identify the treatment site or sites. They may mark these sites.
- They will then apply a thin coat of coupling gel. This gel helps to translate the acoustic sound waves generated by the therapy head to the body.
- The clinician will start the treatment at a very low output setting and increase the power to a level that helps the patient define the treatment area. The output level and acoustic wave frequency rate may vary from location to location based on the depth and type of tissue being treated.
- As the clinician moves the therapy source around the treatment area, patient may feel a deep, dull ache that is familiar as being like the feeling the condition produces. The clinician will ask the patient to report when they feel the ache and will adjust the output of the device to the appropriate level for the treatment. They may also ask the patient to confirm that the therapy source is still creating the ache and may adjust the location of the treatment based on their feedback. If at anytime the treatment becomes uncomfortable, patient should mention this to the clinician and they will adjust the output level.
- After the treatment is completed, the coupling gel will be removed and the patient can return to their normal activities. They may experience some minor aches or discomfort after treatment. It is not unusual for patients to notice flushed or reddened skin around the treatment site.

Studies show that not only is this therapy effective, it's also safe for patients. Researchers have found that between 65-95% of patients see a reduction in pain after WellWave.



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