

## Treatment advice

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## **1. Physiotherapy**

### **● Indication**

#### **1.1 Radial and ulnar epicondylitis , Acute**

##### **Treatment recommendation**

Frequency

5-10 Hz

Power level

60-90 mJ

Shocks per treatment

1500-2000

Number of treatments

1-3

Frequency of treatment

1-2 per week

Recommended applicator head

15 mm, after familiarisation 6mm

##### **Notes**

First treat existing trigger and pain points statically with series up to 600 shocks per point and series , finally work over the area dynamically, preferably in the direction of lymphatic flow.

For treatment point on tendon attachment site :

energy level 60 mJ

For treatment point on tendon or muscle :

energy level 60 mJ (90mJ)

### **● Indication**

#### **1.2 Tendinitis of the shoulder/shoulder problems , Acute**

##### **Treatment recommendation**

Frequency

5-10 Hz

Power level

60-120 mJ

Shocks per treatment

2000

Number of treatments

1-4

Frequency of treatment

1-2 per week

Recommended applicator head

15 mm, after familiarisation 6mm

##### **Notes**

Determine problem precisely - which tendon , which attachment point is affected ? First treat statically with series up to 600 shocks per point and series , finally work over the area dynamically , preferably in the direction of lymphatic flow .

For treatment point on tendon insertion site :

energy level 60-90 mJ

For treatment point on tendon or muscle :

energy level 120 mJ

●Indication

**1.3 Calcific tendinitis of the shoulder , Acute**

**Treatment recommendation**

Frequency

5-10 Hz

Power level

90 mJ

Shocks per treatment

2000

Number of treatments

1-4

Frequency of treatment

1-2 per week

Recommended applicator head

15 mm, after familiarisation 6mm

**Notes**

First treat existing trigger and pain points statically with series up to 600 shocks per point and series , then work the entire area over directly using slow dynamic mode.

●Indication

**1.4 Status post muscular injury,Acute**

**Treatment recommendation**

Frequency

5-10 Hz

Power level

60-90 mJ

Shocks per treatment

2000

Number of treatments

3

Frequency of treatment

1-2 per week

Recommended applicator head

15 mm, after familiarisation 6mm

**Notes**

First treat existing trigger and pain points statically with series up to 600 shocks per point and series , then work the entire area over directly using slow dynamic mode.

●Indication

**1.5 Patellar tendinitis ,Acute**

**Treatment recommendation**

Frequency

5-10 Hz

Power level

60-90 mJ

Shocks per treatment

2000

Number of treatments

3-4

Frequency of treatment

1-2 per week

Recommended applicator head

15 mm

**Notes**

Determine problem precisely - is the tendon , the upper patellar attachment or the lower areas of the quadriceps muscle affected ?

Treat tendon attachment ,existing trigger and pain points statically with series up to 600 shocks per point and series , then work the area over dynamically.

For treatment point on tendon insertion site :

energy level 60-120 mJ

For treatment point on tendon or muscle :

energy level 120 mJ

**•Indication**

**1.6 Patellar tendinopathy ,Acute**

**Treatment recommendation**

Frequency

5-10 Hz

Power level

60-90 mJ

Shocks per treatment

2000

Number of treatments

1-4

Frequency of treatment

1-2 per week

Recommended applicator head

15 mm, after familiarisation 6mm

**Notes**

Pay careful attention to definite acute signs of inflammation .Then either suspend the treatment or reduce the dose as appropriate.

Generally static but from different directions towards the patella tip . Per application about 400 shocks , finishing on the front.

**•Indication**

**1.7 Achillodynia ,Acute**

**Treatment recommendation**

Frequency

5-10 Hz

Power level

60-90 mJ

Shocks per treatment

2000

Number of treatments

3

Frequency of treatment

1-2 per week

Recommended applicator head

15 mm, after familiarisation 6mm

**Notes**

Differential diagnosis - is the tendon itself or the tendon attachment point on the heel bone affected? Does the tendon move freely or with crepitation or are there detectable nodules in the tendon?

Statically on the tendon insertion using energy level 60-90 mJ.

Dynamically on the tendon itself, work statically or semi-statically on nodules.

Do not work directly from a dorsal direction but rather from the side at an angle of 45°.

Use energy level 60 mJ or 90 mJ in this case.

**•Indication**

**1.8 Plantar fasciitis ,Acute**

**Treatment recommendation**

Frequency

5-10 Hz

Power level

60-90 mJ

Shocks per treatment

2500

Number of treatments

3-4

Frequency of treatment

1-2 per week

Recommended applicator head

15 mm, after familiarisation 6 mm

**Notes**

Work with the patient in a prone position with supported or unsupported foot and work the entire aponeurosis dynamically.

**•Indication**

**1.9 Heel spurs ,Acute**

**Treatment recommendation**

Frequency

10 Hz

Power level

90-120 mJ

Shocks per treatment

2000

Number of treatments

6

Frequency of treatment

1 per week

Recommended applicator head

15 mm, after familiarisation 6 mm

**Notes**

Apply directly to the pain point or to incipient or manifest calcification on the heel bone . Work with the

patient in a prone position with supported or unsupported foot.  
Work statically or semi-statically.

**•Indication**

**1.10 Myofascial trigger point therapy e.g. Neck ,Acute**

**Treatment recommendation**

Frequency

Butst or 5-10 Hz

Power level

60 mJ

Shocks per treatment

1500-2000

Number of treatments

1-4

Frequency of treatment

1 per week

Recommended applicator head

15 mm / 6 mm

**Notes**

Determine trigger point and myofascial tone and prioritise.

First treat existing trigger and pain points statically with series up to 600 shocks per point and series. Begin with the point with the highest priority . Finally work over the whole area dynamically.

**•Indication**

**1.11 Myofascial trigger point therapy e.g. back, muscular back pain ,Acute**

**Treatment recommendation**

Frequency

Butst or 5-10 Hz

Power level

60 mJ

Shocks per treatment

1500-2000

Number of treatments

1-4

Frequency of treatment

1 per week

Recommended applicator head

15 mm , after familiarisation 6 mm

**Notes**

Determine trigger point and myofascial tone and prioritise.

First treat existing trigger and pain points statically with series up to 600 shocks per point and series. Begin with the point with the highest priority .Finally work over the whole area dynamically.

**•Indication**

**1.12 Trochanteric bursitis ,Acute**

**Treatment recommendation**

Frequency

5-10 Hz

Power level

60-90 mJ

Shocks per treatment

2000

Number of treatments

1-4

Frequency of treatment

1 per week

Recommended applicator head

15 mm

### **Notes**

First treat existing trigger and pain points statically with series up to 600 shocks per point and series , then work the entire area over directly using slow dynamic mode.

Approach treatment area rather from the side at an angle 45 and do not apply directly from the lateral direction on the trochanter or iliotibial tract .

### **•Indication**

**1.13 Periostitis / shin splints ( Condition after overload ) ,Acute**

#### **Treatment recommendation**

Frequency

Burst or 5 Hz

Power level

60 mJ

Shocks per treatment

1000

Number of treatments

3

Frequency of treatment

1-2 per week

Recommended applicator head

15 mm

### **Notes**

Careful dynamic treatment over the entire affected tendon insertion site on the anterior tibial spine . Follow the bone geometry and do not treat directly on the tibial spine.

If necessary , include the anterior tibial muscle in the treatment.

### **•Indication**

**1.14 Dupuytren's disease ,Acute**

#### **Treatment recommendation**

Frequency

10 Hz

Power level

90 mJ

Shocks per treatment

200-300\*

Number of treatments

5

Frequency of treatment

1-2 per week

Recommended applicator head

6 mm

**Notes**

Static directly on the problem site , and in case of tolerance problems , apply the series semi-statically from different directions . Support or fix the joint with two fingers from the left and right sides during the treatment .

\* Adhere to the rest periods ( after each 25 shocks ) and observe the reaction of the patient.

**●Indication**

**1.15 Thumb basal joint arthritis / rhizarthritis ,Acute**

**Treatment recommendation**

Frequency

5-10 Hz

Power level

60-90 mJ

Shocks per treatment

1500\*

Number of treatments

3

Frequency of treatment

1-2 per week

Recommended applicator head

15 mm

**Notes**

Static directly on the problem site , and in case of tolerance problems , apply the series semi-statically from different directions . Support or fix the joint with two fingers from the left and right sides during the treatment .

\* Adhere to the rest periods ( after every 200 shocks ) and observe the reaction of the patient.

**●Indication**

**1.16 Radial and ulnar epicondylitis , Chronic**

**Treatment recommendation**

Frequency

10-16 Hz

Power level

120 mJ

Shocks per treatment

2000-3000

Number of treatments

4-8

Frequency of treatment

2 per week

Recommended applicator head

15 mm, after familiarisation 6mm

**Notes**

First treat existing trigger and pain points statically with series up to 600 shocks per point and series , finally work over the area dynamically , preferably in the direction of lymphatic flow .



For treatment point on tendon attachment site :

energy level 60 mJ

For treatment point on tendon or muscle :

energy level 60 mJ (90mJ)

#### ●Indication

##### **1.17 Tendinitis of the shoulder/shoulder problems , Chronic**

#### **Treatment recommendation**

Frequency

10-16 Hz

Power level

120 mJ

Shocks per treatment

3000

Number of treatments

until 9

Frequency of treatment

2 per week

Recommended applicator head

15 mm, after familiarisation 6mm

#### **Notes**

Determine problem precisely - which tendon , which attachment point is affected ? First treat statically with series up to 600 shocks per point and series , finally work over the area dynamically , preferably in the direction of lymphatic flow .

For treatment point on tendon insertion site :

energy level 60-120 mJ

For treatment point on tendon or muscle :

energy level 120 mJ

#### ●Indication

##### **1.18 Calcific tendinitis of the shoulder , Chronic**

#### **Treatment recommendation**

Frequency

10-16 Hz

Power level

120 mJ

Shocks per treatment

2000-2500

Number of treatments

until 9

Frequency of treatment

2 per week

Recommended applicator head

15 mm, after familiarisation 6mm

#### **Notes**

First treat existing trigger and pain points statically with series up to 600 shocks per point and series , then work the entire area over directly using slow dynamic mode

**•Indication**

**1.19 Status post muscular injury , Chronic**

**Treatment recommendation**

Frequency

10-16 Hz

Power level

120 mJ

Shocks per treatment

2000-3000

Number of treatments

1-6

Frequency of treatment

2 per week

Recommended applicator head

15 mm, after familiarisation 6mm

**Notes**

First treat existing trigger and pain points statically with series up to 600 shocks per point and series , then work the entire area over directly using slow dynamic mode.

**•Indication**

**1.20 Patellar tendinitis , Chronic**

**Treatment recommendation**

Frequency

10-16 Hz

Power level

120 mJ

Shocks per treatment

2000-3000

Number of treatments

1-6

Frequency of treatment

2 per week

Recommended applicator head

15 mm

**Notes**

Determine problem precisely - is the tendon , the upper patellar attachment or the lower areas of the quadriceps muscle affected ?

Treat tendon attachment , existing trigger and pain points statically with series up to 600 shocks per point and series , then work the area over dynamically .

For treatment point on tendon insertion site :

energy level 90-120 mJ

For treatment point on tendon or muscle :

energy level 120 mJ

**•Indication**

**1.21 Patellar tendinopathy , Chronic**

**Treatment recommendation**

Frequency

10-16 Hz  
Power level  
120 mJ  
Shocks per treatment  
2000-2500  
Number of treatments  
until 10  
Frequency of treatment  
2 per week  
Recommended applicator head  
15 mm, after familiarisation 6mm

**Notes**

Pay careful attention to definite acute signs of inflammation . Then either suspend the treatment or reduce the dose as appropriate .Generally static but from different directions towards the patella tip . Per application about 400 shocks , finishing on the front .

**•Indication**

**1.22 Achillodynia , Chronic**

**Treatment recommendation**

Frequency  
10-16 Hz  
Power level  
120 mJ  
Shocks per treatment  
2000-3000  
Number of treatments  
1-6  
Frequency of treatment  
2 per week  
Recommended applicator head  
15 mm, after familiarisation 6mm

**Notes**

Differential diagnosis - is the tendon itself or the tendon attachment point on the heel bone affected ? Does the tendon move freely or with crepitation or are there detectable nodules in the tendon ?  
Statically on the tendon insertion using energy level : 60-90 mJ .  
Dynamically on the tendon itself , work statically or semi-statically on nodules .  
Do not work directly from a dorsal direction but rather from the side at a an angle of 45 degree . Use energy level 60 mJ or 90 mJ in this case .

**•Indication**

**1.23 Plantar fasciitis , Chronic**

**Treatment recommendation**

Frequency  
5-10 Hz  
Power level  
60-90 mJ  
Shocks per treatment  
1500-3000

Number of treatments

1-7

Frequency of treatment

2 per week

Recommended applicator head

15 mm, after familiarisation 6mm

**Notes**

Work with the patient in a prone position with supported or unsupported foot and work the entire aponeurosis dynamically .

**•Indication**

**1.24 Myofascial trigger point therapy e.g. Neck , Chronic**

**Treatment recommendation**

Frequency

Burst or 5-10 Hz

Power level

60 mJ

Shocks per treatment

1500-3000

Number of treatments

6

Frequency of treatment

1 per week

Recommended applicator head

15 mm/6 mm

**Notes**

Determine trigger point and myofascial tone and prioritise .

First treat existing trigger and pain points statically with series up to 600 shocks per point and series .

Begin with the point with the highest priority .

Finally work over the whole area dynamically .

**•Indication**

**1.25 Myofascial trigger point therapy e.g. back, muscular back pain , Chronic**

**Treatment recommendation**

Frequency

Burst or 5-10 Hz

Power level

60 mJ

Shocks per treatment

1500-2000

Number of treatments

6

Frequency of treatment

1 per week

Recommended applicator head

15 mm, after familiarisation 6 mm

**Notes**

Determine trigger point and myofascial tone and prioritise.

First treat existing trigger and pain points statically with series up to 600 shocks per point and series .  
Begin with the point with the highest priority .  
Finally work over the whole area dynamically .

#### ●Indication

##### **1.26 Trochanteric bursitis , Chronic**

###### **Treatment recommendation**

Frequency

Burst or 5-10 Hz

Power level

120 mJ

Shocks per treatment

2000

Number of treatments

6-8

Frequency of treatment

1 per week

Recommended applicator head

15 mm

###### **Notes**

First treat existing trigger and pain points statically with series up to 600 shocks per point and series , then work the entire area over directly using slow dynamic mode . \n\nApproach treatment area rather from the side at an angle 45 degree and do not apply directly from the lateral direction on the trochanter or iliotibial tract .

#### ●Indication

##### **1.27 Periostitis / shin splints ( Condition after overload ) , Chronic**

###### **Treatment recommendation**

Frequency

Burst or 5-10 Hz

Power level

60-90 mJ

Shocks per treatment

2000

Number of treatments

4-8

Frequency of treatment

2 per week

Recommended applicator head

15 mm

###### **Notes**

Careful dynamic treatment over the entire affected tendon insertion site on the anterior tibial spine . Follow the bone geometry and do not treat directly on the tibial spine .

If necessary , include the anterior tibial muscle in the treatment .

#### ●Indication

##### **1.28 Thumb basal joint arthritis / rhizarthritis , Chronic**

###### **Treatment recommendation**

Frequency

5-10 Hz

Power level

90 mJ

Shocks per treatment

2000\*

Number of treatments

4-8

Frequency of treatment

2 per week

Recommended applicator head

15 mm

#### **Notes**

Static directly on the problem site , and in case of tolerance problems , apply the series semi-statically from different directions .Support or fix the joint with two fingers from the left and right sides during the treatment .

\* Adhere to the rest periods (after every 200 shocks) and observe the reaction of the patient .

## **2 Aesthetics for cellulite**

### **•Indication**

#### **2.1 Soft cellulite, stage I**

##### **Treatment recommendation**

Frequency

14-16 Hz

Power Level

60-120mJ

Shots per treatment

2500-3000

Number of treatments

8-10

Frequency of treatment

2-3 per week

Recommended application head

25 mm

#### **Notes**

Use the handpiece vertically without additional pressure on the treated area. Please make slow and regular movements. It is possible to use a special cellulite cream with active ingredients. These ingredients will penetrate and will help additionally.

### **•Indication**

#### **2.2 Medium cellulite, stage II**

##### **Treatment recommendation**

Frequency

10-16 Hz

Power Level

90-120mJ

Shots per treatment

2500-3400

Number of treatments

9-12

Frequency of treatment

2-3 per week

Recommended application head

25mm

**Notes**

Use the handpiece vertically without additional pressure on the treated area. Please make slow and regular movements. It is possible to use a special cellulite cream with active ingredients. These ingredients will penetrate and will help additionally. In a painful cellulite maintain the frequency first low and increase it slowly in next session.

**•Indication**

**2.3 Hard cellulite, stage III**

**Treatment recommendation**

Frequency

10-16 Hz

Power Level

90-120mJ

Shots per treatment

3200-3700

Number of treatments

10-14

Frequency of treatment

2-3 per week

Recommended application head

25mm

**Notes**

Use the handpiece vertically without additional pressure on the treated area. Please make slow and regular movements. It is possible to use a special cellulite cream with active ingredients. These ingredients will penetrate and will help additionally. In a painful cellulite maintain the frequency first low and increase it slowly in next session.

**•Indication**

**2.4 Connective tissue / Skin Tightening**

**Treatment recommendation**

Frequency

10-16 Hz

Power Level

90-120mJ

Shots per treatment

1500-2500

Number of treatments

8-12

Frequency of treatment

2-3 per week

Recommended application head

25mm

## **Notes**

Use the handpiece vertically without additional pressure on the treated area. Please make slow and regular movements. It is possible to use a special tightening cream with active ingredients. These ingredients will penetrate and will help additionally.

Depending on the treated area and the size of the area, it is necessary to adjust the settings.

### **•Indication**

#### **2.5 Stretch marks, striae**

##### **Treatment recommendation**

Frequency

12-16 Hz

Power Level

90-120 mJ

Shots per treatment

1500-2500

Number of treatments

10-12

Frequency of treatment

2-3 per week

Recommended application head

25mm

##### **Notes**

Use the handpiece vertically without additional pressure on the treated area. Please make slow and regular movements. It is possible to use a special striae cream with active ingredients. These ingredients will penetrate and will help additionally. Do not only treat selected stretch marks, but treat also healthy tissue near by. This prevents the form new Striaes.

### **•Indication**

#### **2.6 After cryoliolyse treatment**

##### **Treatment recommendation**

Frequency

12-16 Hz

Power Level

90-120mJ

Shots per treatment

2000-2500

Number of treatments

4-8

Frequency of treatment

1 per week

Recommended application head

25mm

##### **Notes**

Use the handpiece vertically without additional pressure on the treated area. Please make slow and regular movements. Best results occur if you treat customer immediately after Cryolipolyse treatment. Afterwards weekly. After four weeks, customer can decide to do cryo in combination with Celluliwave again on the treated area or not.



#### ●Indication

### 2.7 After radiofrequency treatment

#### Treatment recommendation

Frequency

10-14 Hz

Power Level

90-120 mJ

Shots per treatment

2000-2500

Number of treatments

10-14

Frequency of treatment

1-2 per week, depending on the rf-device

Recommended application head

25mm

#### Notes

Use the handpiece vertically without additional pressure on the treated area. Please make slow and regular movements. Clinical studies showed better results with Celluliwave after heating up the tissue (radiofrequency). Do first radiofrequency treatment and afterward shockwave therapy. Depending on the Radio device, it is possible to do up to 2 treatments a week.

#### ●Indication

### 2.8 After ultrasonic treatment

#### Treatment recommendation

Frequency

10-14 Hz

Power Level

90-120mJ

Shots per treatment

2000-2500

Number of treatments

8-10

Frequency of treatment

1-2 per week, depending on the sonic-device

Recommended application head

25mm

#### Notes

Use the handpiece vertically without additional pressure on the treated area. Please make slow and regular movements. The penetrated ingredients with ultrasonic will become more effective after the therapy with Celluliwave. The results are better and deeper.

### 3 ED treatment

#### ●Indication

### 3.1 Erectile Dysfunctional Chronic, Acute

#### Treatment recommendation

Frequency

5-10 Hz

Energy 0-90 mJ

Shocks per treatment

300 shocks per site, 5 sites Number of treatments

12 sessions

Total 18,000 shocks per patient

**Notes**

7 weeks Intermittent treatment:

Week 1-2, once every other day and three times a week Week 3-5, no treatment

Week 6-7, once every other day and three times a week

**•Indication**

**3.2 Erectile Dysfunctional Chronic, Chronic**

**Treatment recommendation**

Frequency

5-10 Hz

Energy 0-60 mJ

Shocks per treatment

300 shocks per site, 5 sites Number of treatments

12 sessions

Total 18,000 shocks per patient

**Notes**

7 weeks Intermittent treatment:

Week 1-2, once every other day and three times a week Week 3-5, no treatment

Week 6-7, once every other day and three times a week