



OrthoWave

CELLULAR HEALING TECHNOLOGIES

CONTRAINDICATIONS & SAFETY GUIDE

Patient Screening · Absolute & Relative · Side Effects

ABSOLUTE
CONTRAINDICATIONS

USE WITH
CAUTION

AREAS TO
AVOID

SIDE
EFFECTS

*Always perform a full patient history and clinical
assessment before initiating OrthoWave therapy.*



SCREEN BEFORE TREATING

theorthowave.com · (770) 746-3322

For Licensed Healthcare Professionals Only · OrthoWave™ Elite Shockwave Protocol Manual

About This Guide

OrthoWave DualSync™ shockwave therapy is generally considered safe and effective when used appropriately by trained healthcare providers. However, certain conditions and situations represent absolute contraindications or require special precautions and clinical judgment before initiating treatment.

Required: Always perform a full patient history and clinical assessment before initiating OrthoWave therapy. When in doubt — do not treat. Contact OrthoWave clinical support for guidance: **(770) 746-3322**.

■ ABSOLUTE CONTRAINDICATIONS — DO NOT TREAT

Treatment must not be performed under any of the following conditions

■	Pregnancy	Do not treat over the abdomen, pelvis, or low back in pregnant patients. Risk of harm to fetus.
■	Active Cancer or Tumor at Treatment Site	Shockwave energy may stimulate tumor growth or metastasis. Do not treat over any known malignancy.
■	Blood Clotting Disorders / Anticoagulant Instability	Risk of hemorrhage, bruising, and vascular injury. Do not treat patients with active coagulopathies.
■	Active Infection at Treatment Site	Shockwave may spread infection deeper into tissue or through lymphatics. Treatment must wait until infection resolves.
■	Open Wounds or Skin Lesions at Treatment Site	Do not apply shockwave directly over open wounds, ulcers, or active skin lesions. Risk of further tissue damage.
■	Direct Treatment Over Lungs or Air-Filled Tissue	Air-filled tissue absorbs shockwave energy unpredictably and can cause barotrauma. Avoid thoracic direct application.
■	Growth Plates in Children (Pediatric Patients)	Shockwave energy may disrupt active growth plates and cause long-term developmental complications.
■	Pacemaker or Implanted Electronic Device in Treatment Field	Shockwave energy can interfere with or damage pacemakers, ICDs, and other implanted electronic devices.
■	Severe Peripheral Vascular Disease	Severely compromised circulation increases risk of tissue damage and poor healing response to shockwave.
■	Acute Fracture in Treatment Area	Do not treat over an acute fracture site. Risk of displacement, delayed healing, or pain exacerbation.

■ ■ RELATIVE CONTRAINDICATIONS — USE WITH CAUTION

Clinical judgment required — assess risk vs benefit before treating

■	Diabetes with Poor Sensation or Neuropathy	Reduced pain feedback increases risk of unrecognized tissue damage. Use low bar, monitor closely.
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■	Recent Corticosteroid Injection	Wait minimum 4–6 weeks after corticosteroid injection. Concurrent use may increase tissue damage risk.
■	Severe Osteoporosis	Fragile bone is at increased risk of stress fracture with high-energy shockwave application. Use conservatively.
■	Recent Surgery at Treatment Site	Wait until surgical healing is complete. Consult with surgeon before initiating shockwave near surgical sites.
■	Metal Implants Near Treatment Site	Metal implants reflect shockwave energy and may cause localized heating. Treat with caution near implant sites.
■	Autoimmune or Inflammatory Flare-Ups	Active inflammatory flares may be exacerbated by shockwave. Wait for flare to subside before treating.
■	Severe Nerve Compression	Significant nerve compression may be worsened by mechanical pressure. Use low intensity and monitor response.
■	Patients with Reduced Pain Sensitivity	Inability to reliably report pain limits clinical feedback. Use conservative parameters and monitor tissue response.
■	Epilepsy (Head/Neck Regions)	Use extreme caution when treating head and neck areas in patients with epilepsy. Avoid direct cervical spine application.
■	Severe Edema or Swelling	Significant edema reduces shockwave transmission efficiency and may indicate an underlying condition. Assess first.

■ ANATOMICAL AREAS — NEVER TREAT DIRECTLY

Direct shockwave application over these structures is absolutely prohibited

ANATOMICAL AREA	RISK TYPE	CLINICAL RATIONALE
Eyes	■ Tissue Damage	Extremely sensitive tissue. Shockwave energy causes irreversible damage to ocular structures.
Brain / Skull	■ Neurological Risk	Intracranial application poses severe neurological risk. Never treat directly over the skull.
Heart	■ Cardiac Safety	Direct cardiac shockwave application can cause arrhythmia and serious cardiac events.
Lungs	■ Barotrauma Risk	Air-filled alveolar tissue absorbs energy unpredictably. Risk of pneumothorax or barotrauma.
Major Blood Vessels	■ Vascular Injury	High-energy shockwave over major vessels risks vascular damage and hemorrhage.
Spinal Cord	■ Neurological Sensitivity	Direct spinal cord application poses serious neurological risk. Treat paravertebral only.
Reproductive Organs	■ Sensitive Tissue	Particularly critical in pregnancy and in patients of reproductive age. Avoid direct application.

COMMON TEMPORARY SIDE EFFECTS

Expected and normal responses — resolve within 24–72 hours in most patients

SIDE EFFECT	FREQUENCY	CLINICAL GUIDANCE
Redness or Skin Irritation	Expected	Normal inflammatory response to shockwave energy. Typically resolves within hours to 24 hours.
Temporary Soreness	Expected	Post-treatment soreness is normal and indicates the healing cascade has been activated. Typically 24–48 hours.
Bruising	Common	More common at higher bar settings and in patients on blood thinners. Resolves within several days.
Swelling	Common	Mild localized swelling may occur post-treatment as part of the acute healing response.
Mild Numbness or Tingling	Common	Temporary nerve response to shockwave energy. Resolves within hours. Report if persistent beyond 24 hours.
Temporary Increase in Pain Before Improvement	Expected	Classic pattern — patients often experience 24–48 hours of increased soreness before significant improvement begins. Counsel patients proactively.

✓ CLINICAL BEST PRACTICES

Required standards for safe and effective OrthoWave treatment

01	Full Patient History Before Every Course	Always perform a complete patient history and clinical assessment before initiating OrthoWave therapy. Screen for all absolute and relative contraindications. Document your screening findings.
02	Start Conservative — Progress Based on Response	Use conservative bar and Hz settings when treating sensitive patients, new treatment areas, or patients with relative contraindications. Progress parameters only when tolerance is confirmed.
03	Counsel Patients on Expected Response	Always inform patients that temporary soreness and mild discomfort for 24–48 hours post-treatment is expected and normal. Proactive counseling prevents unnecessary alarm and dropout.
04	Follow OrthoWave Device Guidelines	Follow OrthoWave DualSync™ device-specific safety recommendations at all times. Adjust treatment intensity based on individual patient response each session.
05	Document and Monitor	Document treatment parameters, patient response, and any adverse reactions after every session. Contact OrthoWave clinical support immediately if unexpected adverse events occur.
06	When In Doubt — Do Not Treat	If any contraindication is uncertain or a patient's condition is unclear, do not initiate treatment. Contact OrthoWave clinical support for guidance before proceeding.

■ PRE-TREATMENT SCREENING CHECKLIST

Complete before every new patient course of treatment

	SCREENING ITEM	PROVIDER INITIALS / NOTES
<input type="checkbox"/>	Patient is NOT pregnant	
<input type="checkbox"/>	No active cancer or tumor at treatment site	
<input type="checkbox"/>	No blood clotting disorders or anticoagulant instability	
<input type="checkbox"/>	No active infection at treatment site	
<input type="checkbox"/>	No open wounds or skin lesions at treatment site	
<input type="checkbox"/>	No pacemaker or implanted electronic device in treatment field	
<input type="checkbox"/>	No acute fracture in treatment area	
<input type="checkbox"/>	No severe peripheral vascular disease	
<input type="checkbox"/>	Relative contraindications reviewed and documented	
<input type="checkbox"/>	Patient counseled on expected side effects and treatment response	
<input type="checkbox"/>	Treatment parameters confirmed appropriate for patient profile	
<input type="checkbox"/>	Full patient history completed and documented	

Professional Clinical Use Only: This guide is intended for educational and clinical reference by licensed healthcare providers using OrthoWave shockwave therapy systems. Healthcare providers must use professional clinical judgment and follow OrthoWave device manufacturer recommendations at all times. This guide does not replace clinical training. Contact OrthoWave at **(770) 746-3322** or **theorthowave.com** for clinical support.