

## What is EPAT®/ESWT?

Extracorporeal Pulse Activation Technology (EPAT®), also known as ESWT or shock wave therapy, is an office-based, non-invasive, evidence-based, FDA compliant treatment for upper and lower extremity musculoskeletal pain that results from acute and overuse injuries. This proprietary technology is based on a unique set of pressure waves that stimulate the metabolism, enhance blood circulation and accelerate the healing process. Damaged tissue gradually regenerates and eventually heals. Prior to receiving EPAT, a thorough medical history and physical is performed.

## What disorders can be treated?

Generally, acute or chronic musculoskeletal pain and/or pain that significantly impairs mobility or quality of life.

- ▶ Shoulder
- ▶ Chest
- ▶ Upper Extremity
- ▶ Lower Extremity
- ▶ Foot and Ankle
- ▶ Myofascial Trigger points



## What are the possible side effects/complications?

Side effects are minimal as there is no penetration through the skin making an infection extremely rare. There may be some redness or soreness at the treatment site for a few days. With EPAT, one of the biggest benefits is that there is minimal downtime after treatment. Dr. Stiene and his staff will formulate a return to activity program based on your injury.

## Payment and Insurance

Insurance typically does not cover the EPAT®/ESWT procedure. While FDA compliant, and evidence-based most US insurers do not pay for EPAT although the cost can be used toward a qualified health savings account. **Beacon** has patient advocates that can take you through the payment process. This non-invasive option will be particularly appealing to those patients who are eager to return to work or normal activities in a reduced amount of recovery time with just as good, if not better, clinical results compared to traditional treatment methods, including surgery.

## How much does it cost?

Although insurance typically does not cover the cost, patients are generally surprised at the affordability of the procedure. Beacon's patient advocates will work directly with the patient to discuss the payment plan that works best. Dr. Stiene works with these patient advocates as well to provide a personalized pricing program. Some patients can use their employer's "Qualified Health Savings Account" to cover these out-of-pocket expenses.

## How can I get more information?

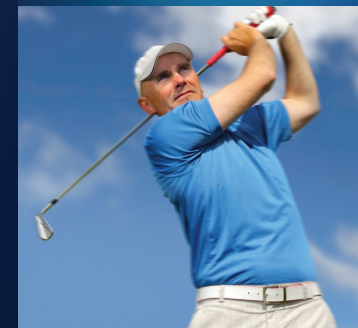
Dr. Stiene is the best person to talk with if you have questions or concerns about the EPAT®/ESWT procedure. He has extensive knowledge and specialized training on all aspects of its use, safety and effectiveness.

You can also learn more about EPAT®/ESWT technology by visiting the Beacon Orthopaedics website at [www.beaconortho.com](http://www.beaconortho.com) or CuraMedix website at [www.curamedix.com](http://www.curamedix.com).



## EPAT/ESWT

Extracorporeal Pulse  
Activation Technology



## EXPERIENCE THE BEACON DIFFERENCE

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### What are the expected results?

The beneficial effects of Extracorporeal Pulse Activation Technology (EPAT®), also known as ESWT or shock wave therapy, are often experienced after only 3 treatments. Some patients report immediate pain relief after the treatment, although it can take up to 4 weeks for pain relief to begin. The procedure eliminates pain and restores full mobility, thus improving your quality of life. Over 80% of patients treated report to be pain free and/or have significant pain reduction.

### Is it safe?

Yes. This FDA compliant technology was developed in Europe and is currently used around the globe. A wealth of medical experience, state-of-the-art engineering, and optimal quality have been built into each EPAT®/ESWT device; and extensive clinical studies and tests have confirmed its safety and efficacy. If performed by a qualified caregiver, such as Dr. Stiene or his team, EPAT®/ESWT has virtually no risks or side effects.

### What is the duration of the treatment and how many treatments will I need?

Treatment sessions take approximately 10-20 minutes depending on the disorder to be treated. Generally, 3-5 treatment sessions are necessary at weekly intervals. More chronic conditions may require more sessions.

### What will happen after the treatment procedure?

You will receive post-treatment instructions from Dr. Stiene to follow during your recovery.



### What if I have a special health condition?

The safety and effectiveness of the EPAT®/ESWT procedure has not been determined on people with the following health conditions. Dr. Stiene will provide you with information about how these and other conditions might affect the determination to perform the EPAT®/ESWT procedures.

- ▶ Malignancy at the Treatment Site
- ▶ DVT (Deep Vein Thrombosis)
- ▶ Pregnancy

### How is the treatment performed?

Coupling gel is applied to the specified treatment area to enhance effectiveness. After these preparations, radial pressure waves and focused shock waves are released via the applicator which is moved over the area in a circular motion.

### Why consider non-invasive EPAT®/ESWT?

EPAT®/ESWT has a proven success rate that is equal to or greater than that of traditional treatment methods (including surgery) and without the risks, complications and lengthy recovery time. EPAT®/ESWT is performed in Dr. Stiene's office/clinic, does not require anesthesia, or needles/injections, and requires a minimal amount of time. You can remain active, but not to the point where a given activity increases your pain, as the injury needs to be given time to fully heal. Certain activities may be restricted a bit longer depending on your situation.

### Benefits of EPAT®/ESWT

- ▶ Non-invasive
- ▶ No anesthesia
- ▶ Less risk of infection
- ▶ No scarring
- ▶ Less downtime
- ▶ Over 80% patient satisfaction
- ▶ Faster, easier healing

