



SOFTWARE RECOVERY SERIES

# Elbow Recovery Playbook

*Your 6-Marker Action Plan*

THIS PLAYBOOK BELONGS TO      START DATE

Inside: the one reason elbow pain keeps coming back —  
and the six things that turn it around.



## START HERE

# How to use *this playbook.*

This is a **workbook**, not a **pamphlet**. SoftWave does the deep repair in our office; these pages are the part you own between visits. Read a little, write a little, and bring it with you — the notes you make here become the plan we build together.

- |                          |                                                                            |
|--------------------------|----------------------------------------------------------------------------|
| 1 · Read the story       | Understand why your elbow keeps hurting, and how SoftWave changes it.      |
| 2 · Work the six markers | Each has simple actions and space to plan your week.                       |
| 3 · Track your progress  | Log your numbers at each visit on the tracker (page 13).                   |
| 4 · Bring it to visits   | We review it together and adjust at your visit-5 and visit-10 checkpoints. |

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## THE REAL REASON

# Why your elbow pain *keeps coming back.*

The handshake that stings. The mug you lift left-handed. The game you gave up. When an elbow quits, life quietly shrinks — and most people are told to just live with it, ice it, or wait for a replacement.

Here is what almost no one explains: elbow pain from wear, tendon strain, or early arthritis is not only a *pain* problem — it is a **healing** problem. Blood flow into the joint drops, the tissue can no longer keep up with repair, and the area gets stuck in a low-grade inflammatory loop that feeds on itself.

That is why the usual tools disappoint. **Pain relievers and cortisone quiet the alarm** — they turn down the signal — but they do nothing to restart the repair underneath. So relief fades, the loop returns, and it feels like the only door left is surgery.

It is not. If you could **restart blood flow and switch the joint's own repair cells back on**, you would not need to mask the pain — the reason for it would begin to change. That is exactly what the next page is about.

## THE MECHANISM

# How SoftWave *restarts your healing.*

SoftWave is a patented **broad-focused shockwave**. Unlike devices that stab energy into one painful point, it spreads healing energy across a wide, deep zone — up to **6 inches deep and 3 inches wide** — reaching the tissue all around your elbow. That physical energy triggers **mechanotransduction**: your body grows new blood vessels, wakes dormant repair cells, and calms inflammation. Real biology, drug-free.

**FDA 510(k)**

Cleared technology

**Mayo · Cleveland**

&amp; pro sports medicine

**6 inches**

Depth of reach

**Visit 1**

Many feel a shift

Healing is a process, not a switch. Here is the researched timeline your body follows:

**Weeks 0–1**

Priming — the repair response is switched on.

**Weeks 2–4**

Molecular acceleration — cell activity ramps up.

**Weeks 5–8**

New blood vessels form; early remodeling begins.

**Weeks 9–12**

Regeneration — tissue rebuilds and gains hold.

## YOU'RE IN GOOD COMPANY

# Real neighbors, *real relief.*

*Shaking hands and lifting a coffee cup used to sting. I am back to my backhand without babying the arm.*

— Tom H., 44 · Elkhorn · Elbow pain

**What the road often looks like:** many patients feel a first shift after the very first session — but the real story is what happens underneath over the following weeks.

**Visit 1**

A first shift in comfort or motion is common.

**Weeks 2–4**

Blood flow and repair ramp up beneath the surface.

**Weeks 5–12**

Tissue remodels; gains hold and compound.

Nothing is promised, and we measure the whole way. Individual results vary; the above reflects real-world experience and general education, not a guarantee.

## YOUR HALF OF THE PLAN

# Your six markers, *explained.*

SoftWave restarts the healing deep in the tissue. These six markers are how you help it along at home — and how we measure your progress every visit against day one. They work together: better sleep speeds tissue repair, better motion protects the joint, the right nutrition fuels it all, and mindset keeps you consistent.



**Pain** — where it is, how strong, how often it stops you.



**Motion** — range of movement and the motions you have been avoiding.



**Sleep** — whether pain decides your nights, or you do.



**Activity** — what you can do again, and how to build it safely.



**Diet & Nutrition** — the fuel — and supplements — that speed healing.



**Mindset** — confidence in your body: the marker that predicts the rest.

At visit 5 and visit 10, we place your six numbers next to where you started and decide together what is next — keep going, space out, or adjust. Bring your tracker (page 13).

## Pain

Read the fingerprint

Elbow pain is not random — it has a fingerprint, and learning to read it is step one. Where it sits tells us a lot:

|                             |                                                                            |
|-----------------------------|----------------------------------------------------------------------------|
| <b>Outer elbow (tennis)</b> | Tennis elbow — the outer tendon, sore gripping, lifting, or shaking hands. |
| <b>Inner elbow (golfer)</b> | Golfer's elbow — the inner tendon, sore twisting or flexing the wrist.     |
| <b>Into the forearm</b>     | Tendon overload spreading — an ache that runs down toward the wrist.       |
| <b>A point-tender spot</b>  | Right on the bony bump — sharp when pressed or bumped.                     |

**Your day-one self-check:** point to the exact spot, note *when* it fires, and rate it **0–10**. Those three things are your baseline — watching them change is how you will *know* it is working.

**Tell us right away** if the elbow locks, cannot straighten, or gets hot and swollen — those need a closer look first.

### THIS WEEK I'LL FOCUS ON

- ☐ Note the exact spot & the 0–10 score today
- ☐ Note when it fires most (gripping, lifting, twisting the wrist)

### MY NOTES & PLAN

## Motion

Rebuild your range

A healthy elbow **grips, lifts,** and twists without a catch. When the tendon is overloaded, gripping, lifting a mug, and shaking hands feel wrong — and stiffness feeds more stiffness. Start with these, slow and pain-free only:

|                               |                                                                                                             |
|-------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>Wrist extensor stretch</b> | Arm straight, gently bend the wrist down and in until the forearm stretches. Hold 30 sec. 10 reps · 2×/day. |
| <b>Wrist flexor stretch</b>   | Arm straight and palm up, gently pull the fingers back and down. Hold 30 sec. 10 reps · 2×/day.             |
| <b>Eccentric wrist curls</b>  | With a light weight, lower the wrist slowly, then help it back up. 10 reps. 10 reps · daily.                |
| <b>Grip squeezes</b>          | Squeeze a soft ball gently, hold 5 sec, release. 10 reps. 10 reps.                                          |

Range should feel like a gentle stretch, never a sharp pinch. If it sharpens, back off — forcing range sets you back.

### THIS WEEK I'LL FOCUS ON

- ☐ Do the four moves most days
- ☐ Add 2–3 reps if last week felt easy

### MY NOTES & PLAN

## Sleep

Heal while you rest

Your elbow does most of its repair while you sleep — deep sleep is when your body releases the growth signals that rebuild tissue. Pain that steals your sleep quietly steals your healing, so two things matter: **position** and **sleep quality**.

**Support the arm:** rest the sore arm on a pillow so the elbow is not bent tight all night.

**Ease the grip:** a light night brace keeps the wrist neutral and takes tension off the tendon.

Keep the room cool and dark, hold a consistent bedtime, and cut screens and heavy meals in the last hour.

If tension or restlessness keeps you up, magnesium (see Nutrition, page 11) helps you wind down without morning grogginess.

### THIS WEEK I'LL FOCUS ON

- ☐ Set my pillow position tonight
- ☐ Consistent bedtime + cool, dark room

### MY NOTES & PLAN

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## Activity

Move the right way

Motion is medicine — the *right* motion. The goal is to load the elbow enough to stimulate healing without flaring it. Use this simple traffic-light guide while you rebuild:

### Green light

Light grip & wrist drills  
Walking & easy cardio  
Pain-free range-of-motion work  
The mobility moves on page 8

### Ease off for now

Heavy gripping & lifting  
Repetitive wrist twisting  
Racquet & throwing sports  
Carrying heavy bags on that side

**The 24-hour rule:** activity should not increase pain *during*, or leave you more sore than a couple of hours *after*. Build up ~10% a week.

### THIS WEEK I'LL FOCUS ON

- ☐ Pick one green-light activity, 3× this week
- ☐ Increase time/distance only if pain-free

### MY NOTES & PLAN

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You can eat in a way that calms a joint or one that keeps it inflamed — your tissue rebuilds from the raw materials you give it. Lean toward color, healthy fats, and protein.

- Berries & leafy greens
- Fatty fish (salmon, sardines)
- Olive oil, nuts, seeds
- Protein each meal & water

- Added & hidden sugar
- Fried & fast food
- Ultra-processed snacks
- Excess alcohol

**Traumeric** — turmeric & bromelain; supports joint comfort and a healthy inflammatory response.

**Orthomega 820** — omega-3; supports a healthy inflammatory balance.

**Collagen (FORTIGEL®)** — supports healthy cartilage and connective tissue.

**Reacted Magnesium & Vitamin D** — support recovery, sleep, and bone strength.

### MY NOTES & PLAN

## Mindset

Trust the plan

This is the marker that predicts all the others. It is not fluff — it is outcomes. Patients who believe their body can heal show up, do the work, and recover faster. Belief drives consistency, and consistency drives results.

**Set one goal that pulls you.** Make it specific and yours: *shake hands without wincing, carry groceries in one trip, play a full round again.* Write it below and keep it where you will see it.

**Expect a non-linear road.** A great week, then a flat one, then a jump. That rhythm is normal — not failure, and not a reason to quit. The trend over weeks is what matters, and we measure it with you.

A mind that trusts the plan is half the outcome. Write your one goal below:

### MY NOTES & PLAN

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## BRING THIS TO YOUR VISITS

# My progress *tracker.*

Numbers make progress real. Fill a row at each visit — even small changes add up, and this is exactly what we review together at your visit-5 and visit-10 checkpoints. Rate pain 0–10 (lower is better); rate motion and sleep 1–5 (higher is better).

| Date | Visit # | Pain 0–10 | Motion 1–5 | Sleep 1–5 | Notes |
|------|---------|-----------|------------|-----------|-------|
|      |         |           |            |           |       |
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|      |         |           |            |           |       |

**MY ONE GOAL**

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## THE ROAD FORWARD

# Every elbow plan *follows the same map.*

You never buy visits blind. The ReJuv Roadmap is three phases with honest checkpoints, so you always know where you are and what is next.

**Recover**

Visits 1–3 · map it, start treatment, set your baseline.

**Restore**

Visits 4–7 · rebuild motion, function, confidence.

**Rejuvenate**

Visits 8–12 · lock in gains, protect progress.

**Checkpoints at visit 5 and visit 10:** we compare your six markers to day one and decide together — keep going, space out, or adjust. Honest answers, no upsell, ever.

## Start with one \$47 first visit.

30 minutes. A real SoftWave treatment and your starting point marked on the map. No pressure — if it is not right for you, we will tell you.

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