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1. Physiotherapy

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)

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.

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### 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.

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### 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**

[Address]: No.2, East side, Floor 2, Yinjin Building, Liuxian Road 3, Xin'an Zone 71, Xin'an Subdistrict, Baoan District, Shenzhen, China
[Tel]: +86-755-8659 9459  [Fax]: +86-755-8659 9450  [Email]: james@oceanuswave.com  [Web]: www.oceanuswave.com
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. Approach 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

<table>
<thead>
<tr>
<th>Indication</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2.1 Soft cellulite, stage I</td>
<td></td>
</tr>
</tbody>
</table>

**Treatment recommendation**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>14-16 Hz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Level</td>
<td>60-120mJ</td>
</tr>
<tr>
<td>Shots per treatment</td>
<td>2500-3000</td>
</tr>
<tr>
<td>Number of treatments</td>
<td>8-10</td>
</tr>
<tr>
<td>Frequency of treatment</td>
<td>2-3 per week</td>
</tr>
<tr>
<td>Recommended application head</td>
<td>25 mm</td>
</tr>
</tbody>
</table>

**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.
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 of new Striae.

● 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
### Indication

<table>
<thead>
<tr>
<th>3.2 Erectile Dysfunctional Chronic, Chronic</th>
</tr>
</thead>
</table>

#### 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