



Acru Health: Precision Chiropractic Updates Guide on SoftWave Therapy in San Diego

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Acru Health: Precision Chiropractic has updated its educational guide on SoftWave Therapy in San Diego to provide more detail about how the treatment works, what a typical session involves, and how the clinic uses acoustic-wave therapy as part of chiropractic and rehabilitative care. The update focuses on the treatment process and the types of musculoskeletal concerns the practice evaluates rather than presenting SoftWave Therapy as a guaranteed solution or a replacement for other forms of care.

The updated guide explains that SoftWave Therapy uses acoustic waves delivered through a handheld applicator to target tissue beneath the skin. Acru Health describes the technology as a non-invasive treatment that can be used without injections or surgery. The practice incorporates SoftWave Therapy into care plans for a range of musculoskeletal concerns, with treatment decisions based on the patient's symptoms, physical findings, and response to care.

SoftWave Therapy is described by the manufacturer as a form of acoustic shock-wave treatment that uses a

broad-focused applicator to deliver energy across superficial and deeper tissue. Acru Health's educational materials use similar language when describing how the treatment is applied to different areas of the body. Because the biological effects and clinical results can vary by condition and patient, the updated guide avoids presenting these proposed mechanisms as guaranteed outcomes.

A typical session involves moving the applicator over the area being treated while the patient remains seated or positioned comfortably. The experience can vary based on the treatment area and the condition being addressed. The intensity can also be adjusted during treatment based on patient tolerance and the clinician's assessment. Acru Health presents SoftWave Therapy as a non-invasive option that does not involve an injection or surgical procedure.

The number and frequency of treatments are determined on an individual basis. There is no single visit schedule that applies to every patient or condition. Acru Health's approach begins with an evaluation of the patient's symptoms and physical presentation, followed by a determination of whether SoftWave Therapy is appropriate and how it may fit within the broader care plan. Treatment can then be adjusted based on the patient's response and progress.

Dr. Rafael Ramon, chiropractor at Acru Health: Precision Chiropractic, stated, "When someone has neck pain, we want to understand what is contributing to it rather than looking at the painful area in isolation. We can evaluate the cervical spine, movement, and surrounding tissues and then decide whether SoftWave Therapy makes sense as part of the care plan."

The updated guide discusses several types of musculoskeletal concerns that Acru Health addresses with SoftWave Therapy. These include back pain, neck pain, plantar fasciitis, shoulder pain, knee pain, wrist and hand conditions, foot and ankle problems, and training-related injuries. The practice also describes using SoftWave Therapy in care plans involving concerns such as rotator cuff problems, joint discomfort, tendon irritation, and injuries that have not progressed as expected.

For neck-related concerns, Acru Health places SoftWave Therapy within a broader assessment of the cervical spine and surrounding structures. The practice notes that factors such as prolonged desk work, device use, posture, repetitive activity, and previous strain can affect the neck and upper back. SoftWave may be considered as one part of care when the clinician determines that acoustic-wave treatment is appropriate.

Dr. Chris Norton, chiropractor at Acru Health: Precision Chiropractic, stated, "With neck pain, there can be several factors involved, including how the joints move and how the surrounding muscles and soft tissue are responding. We look at those factors together and then determine whether chiropractic care, SoftWave Therapy, rehabilitative exercises, or a combination of approaches is appropriate."

The guide also describes how treatment may differ by body region. For shoulder concerns, Acru Health discusses applications involving rotator cuff problems, frozen shoulder, and other persistent shoulder symptoms. Knee applications may be considered for concerns such as osteoarthritis-related discomfort, sports-related strain, and ongoing knee symptoms. Foot and ankle applications include plantar fasciitis, heel pain, ankle sprains, and other mobility-related concerns. Wrist and hand applications may address repetitive strain, tendon irritation, and joint stiffness. The practice also discusses SoftWave Therapy for injuries associated with activities such as weightlifting, CrossFit, running, and racquet sports.

Acru Health integrates SoftWave Therapy with chiropractic care and rehabilitative exercises when the clinical assessment supports that approach. Chiropractic treatment may be used to address joint and spinal movement, while SoftWave is used as a separate treatment modality directed at a specific area. The updated guide emphasizes that these approaches serve different purposes and that the appropriate combination depends on the patient's presentation rather than a fixed treatment formula.

The practice's two chiropractors, Dr. Rafael Ramon and Dr. Chris Norton, are Board Certified by the California Board of Chiropractic Examiners and hold Advanced Proficiency Certification in Torque Release Technique. Acru Health states that the team has more than 20,000 hours of combined education and clinical experience. SoftWave Therapy is available at the practice's Bankers Hill office and at its La Mesa location.

The educational update also places greater emphasis on evaluation before treatment. Care begins with a review of symptoms, relevant history, movement, and the patient's goals. Additional testing or imaging may be considered when clinically indicated. Based on that evaluation, the provider determines whether SoftWave Therapy is appropriate and whether it should be used alone or alongside chiropractic care or rehabilitative exercises.

Treatment suitability can vary based on the individual's condition, medical history, treatment area, and other factors. SoftWave Therapy should therefore be viewed as one available treatment modality rather than a universal approach for every type of pain or injury. The expected response can also differ between patients and conditions, so the clinic evaluates progress rather than promising a specific outcome or number of visits.

The updated guide is intended to provide a clearer description of an existing service and the technology behind it. SoftWave Therapy is presented as a non-invasive treatment option that may be considered for selected musculoskeletal concerns, including neck pain, back pain, joint discomfort, tendon-related problems, and certain sports or activity-related injuries. The broader evidence for shock-wave therapies varies by condition and treatment method, so individual treatment decisions require appropriate clinical evaluation rather than relying on a single expected result.

Acru Health: Precision Chiropractic is a chiropractic practice providing corrective care, wellness care, pregnancy care, pediatric care, and SoftWave Therapy. The clinic uses chiropractic methods, Torque Release Technique, acoustic-wave therapy, and rehabilitative approaches to evaluate spinal and musculoskeletal concerns and develop care plans for patients in San Diego and surrounding communities.

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Our team of experienced chiropractors are Board Certified by The California Board of Chiropractic Examiners. Both Dr. Rafael and Dr. Chris are Advanced Proficiency Certified in Torque Release Technique.

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