



## **New Life Chiropractic - Rocklin Offers ShockWave Therapy in Rocklin, CA**

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New Life Chiropractic - Rocklin provides ShockWave Therapy as a nonsurgical option for patients dealing with chronic pain conditions. This treatment uses acoustic waves to target affected areas, offering relief for issues such as plantar fasciitis and tennis elbow. The therapy represents an addition to the clinic's range of chiropractic services aimed at addressing soft tissue concerns.

ShockWave Therapy involves the application of highly pressured acoustic waves through a handheld device directed at painful regions. These waves deliver a force intended to stimulate healing processes in the body. Patients typically experience sessions that last less than ten minutes, with minimal discomfort reported in most cases. The approach focuses on promoting recovery without the need for invasive procedures.

The therapy addresses a variety of conditions, including Achilles tendonitis, bursitis, fibromyalgia, osteoarthritis, plantar fasciitis, and tennis elbow. It aims to alleviate chronic pain, enhance range of motion, and decrease muscle tension. Results from similar applications in chiropractic settings indicate that a

significant percentage of patients achieve lasting relief, though individual outcomes vary based on personal health factors.

Treatment plans generally consist of three to five sessions, scheduled once per week. For more persistent conditions, additional visits may be necessary to achieve optimal results. The process begins with an assessment by a chiropractor to determine suitability, ensuring the therapy aligns with the patient's specific needs. Ideal candidates include those experiencing acute or chronic soft tissue pain, as identified through professional evaluation.

No anesthesia is required for ShockWave Therapy, as the procedure maintains a comfortable experience for participants. This aspect contributes to its appeal as a straightforward addition to chiropractic care routines. The clinic integrates this method within its broader framework of holistic health services, complementing other treatments focused on nervous system function and overall wellness.

Dr. Tim Smith, clinic owner at New Life Chiropractic - Rocklin, noted, "ShockWave Therapy provides a targeted approach to managing soft tissue issues that can impact daily activities. Incorporating acoustic waves allows for focused intervention on areas affected by conditions like osteoarthritis."

Dr. Catherine Smith, clinic owner, added, "Patients with plantar fasciitis or similar ailments often seek options that support natural healing. This therapy aligns with principles of chiropractic care by addressing underlying factors contributing to discomfort."

The introduction of ShockWave Therapy at the clinic reflects a commitment to expanding nonsurgical options for pain management. By utilizing sound-based technology, the treatment seeks to accelerate tissue repair and reduce inflammation in targeted zones. Chiropractors at the facility guide patients through the process, monitoring progress across sessions to adjust as needed.

Beyond the core procedure, the clinic emphasizes education on how such therapies fit into comprehensive health strategies. This includes discussions on lifestyle factors that may influence recovery, such as activity levels and nutrition. The approach ensures patients understand the role of ShockWave Therapy in their overall care plan.

New Life Chiropractic - Rocklin, founded in 2012 by Dr. Tim Smith and Dr. Catherine Smith, specializes in family chiropractic care. The practice employs the "5 Essentials" model, which encompasses core chiropractic adjustments, nutrition, mindset, oxygen and exercise, and toxin minimization. Services extend to all age groups, from infants to seniors, with specialized attention to prenatal and pediatric needs.

The clinic's team includes professionals with diverse backgrounds in sports medicine, athletic training, and

nutritional testing. Dr. Angelo Gassoumis brings expertise in spinal correction and health education, while Dr. Thor Clemens focuses on community outreach and natural health solutions. Technical assistants, such as Tiffany Clemons, handle administration of therapies including ShockWave, contributing to the seamless delivery of care.

This therapy option underscores the clinic's dedication to innovative yet evidence-informed methods within chiropractic practice. By offering ShockWave Therapy, New Life Chiropractic - Rocklin addresses common musculoskeletal challenges faced by residents in the area. The treatment's quick session times and noninvasive nature make it accessible for those with busy schedules.

Patients considering ShockWave Therapy undergo initial consultations to evaluate compatibility with their health profiles. This step ensures personalized application, maximizing potential benefits. The clinic maintains a focus on whole-body healing, integrating the therapy with other modalities like spinal decompression and cold laser treatments.

As part of its mission, New Life Chiropractic - Rocklin promotes proactive health management through education and tailored interventions. The availability of ShockWave Therapy enhances the clinic's capacity to handle soft tissue ailments effectively. This development aligns with broader trends in chiropractic care toward incorporating advanced, noninvasive technologies.

The clinic operates with a philosophy centered on empowering individuals to achieve optimal health without reliance on medications or surgery. Dr. Tim Smith's background in neurology and nutrition, combined with Dr. Catherine Smith's kinesiology expertise, informs the practice's holistic orientation. Their combined experience supports the integration of therapies like ShockWave into patient care plans.

New Life Chiropractic - Rocklin continues to serve the community by providing options that target root causes of health issues. The inclusion of ShockWave Therapy exemplifies this approach, offering a tool for those seeking relief from persistent pain conditions. Through such services, the clinic contributes to improved quality of life for its patients.

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For more information about New Life Chiropractic Rocklin, contact the company here: New Life Chiropractic Rocklin Dr. Tim Smith 916-259-2682 NewLifeChiropractic@gmail.com 4780 Rocklin Rd, Rocklin, CA 95677

**New Life Chiropractic Rocklin**

*At New Life Chiropractic, we offer solution-based holistic care to help every family member, from newborns through seniors, create and maintain optimal health for life.*

Website: <https://www.newlifechiropracticrocklin.com/>

Email: [NewLifeChiropractic@gmail.com](mailto:NewLifeChiropractic@gmail.com)

Phone: 916-259-2682



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