



## **Complete Family Healthcare Provides Shockwave Therapy in Alpharetta, GA**

*May 06, 2026*

ALPHARETTA, GA - May 06, 2026 - PRESSADVANTAGE -

Complete Family Healthcare offers shockwave therapy in Alpharetta, GA as one of its treatment options for patients with certain musculoskeletal conditions. The practice, established on January 1, 2006, incorporates this modality alongside chiropractic care to address chronic pain and soft tissue issues through non-invasive methods.

Shockwave therapy delivers penetrating shockwaves into soft tissue, inducing microtrauma that triggers the body's natural healing mechanisms. The process stimulates cells to release biochemicals, promotes the formation of new blood vessels, and supports tissue repair. Acoustic wave technology helps break down scar tissue, release healing factors, and address injured tissue that has persisted for extended periods. Treatments are described as quick, non-invasive, and generally comfortable, with patients experiencing a sensation of pressure that can be adjusted based on individual tolerance.

The modality applies high dosages of energy to painful areas to trigger tissue healing and regeneration. It

may alleviate pain, increase range of motion, and reduce muscle tightness along with painful trigger points. Reported benefits include improved blood flow and blood vessel growth, stimulation of collagen production, relief of chronic inflammation, accelerated tissue repair and cell growth, and release of trigger points.

Common conditions addressed with this approach at the practice include plantar fasciitis, tennis elbow or golfer's elbow, carpal tunnel, neuropathy or nerve pain, arthritis or chronic joint pain, shoulder issues, sciatica, tendonitis, and bursitis. For chronic pain involving calcifications in tendons or joints, the therapy uses cavitation to create and collapse microscopic gas bubbles in calcified deposits. This process breaks down the deposits, potentially restoring tissue function and relieving associated symptoms. The treatment is positioned as an option prior to more invasive interventions such as certain medications, injections, or surgery in appropriate cases.

Dr. JJ Anthonijs founded Complete Family Healthcare in Alpharetta and has practiced there for two decades. He earned a Bachelor of Science degree from the University of Wisconsin Stevens Point in 2000 and a Doctorate of Chiropractic from Palmer College of Chiropractic in January 2004. His training emphasized traditional hands-on techniques, including the Gonstead method and extremity adjusting. Dr. Anthonijs developed a blended technique of full spine and extremity adjustments for patients of all ages and demographics. He holds Webster certification and has provided care for women during pregnancy and their families. In recent years, he has incorporated newer technologies, including shockwave therapy for soft tissue injuries.

Dr. Jarrod Wise serves as associate chiropractor at the practice. Together, the doctors contribute extensive combined experience in natural health care approaches. Patient visits begin with a comprehensive evaluation and an explanation of chiropractic principles to assess suitability of care. Customized plans address back pain, neck pain, headaches, muscular tightness, tension, recovery from accidents or injuries, chronic spinal conditions, and wellness objectives. The practice maintains a focus on ethical and logical clinical management of conditions that may respond to non-medication and non-surgical methods.

Shockwave therapy sessions are integrated into the range of services available. The treatment targets problematic areas to support the body's regenerative processes. Sessions are tailored to patient needs and tolerance levels. The modality complements existing chiropractic adjustments by addressing soft tissue components that may contribute to ongoing discomfort.

Educational resources at Complete Family Healthcare include a bi-weekly newsletter available to subscribers, whether or not they are active patients. Topics covered in these materials encompass stress reduction, disc conditions, the role of regular adjustments, impacts of auto accidents, combined therapies, selection of care providers, stretching techniques, headache management, and indicators for considering adjustments. Subscribed individuals gain access to a member wellness section containing animated exercise

videos and additional articles. These resources support health awareness between clinical visits.

The practice received the 2015 Chiropractic Alpharetta Patients' Choice Award, verified by Opencare.com. This recognition was based on patient feedback collected during that period.

"Shockwave therapy represents an additional tool that aligns with our approach of supporting the body's natural healing processes for soft tissue and chronic conditions," said Dr. JJ Anthonijs, owner and chiropractor at Complete Family Healthcare.

"Combining modalities such as shockwave therapy with chiropractic care allows us to address both spinal and surrounding tissue issues in a coordinated manner," said Dr. Jarrod Wise, associate chiropractor at Complete Family Healthcare.

Complete Family Healthcare accommodates patient schedules through flexible appointment processes and the availability of online forms that can be completed prior to visits. The facility has operated continuously since 2006, drawing from the doctors' training and clinical experience to refine service delivery. The incorporation of shockwave therapy reflects ongoing efforts to provide options for conditions involving persistent pain and tissue dysfunction.

The therapy process involves application to targeted areas, with energy levels adjusted for comfort. Follow-up assessments help monitor patient response and guide continued care. This modality fits within the practice's broader commitment to non-invasive management of musculoskeletal concerns. Patients receive information during consultations about how the treatment may fit into their individualized plans.

Over the course of its operation, Complete Family Healthcare has served athletes, corporate professionals, families, and individuals with diverse health objectives. The addition of shockwave therapy expands the clinical toolkit available for addressing issues such as tendon-related problems, joint discomfort, and nerve-related pain. The treatment's focus on stimulating natural regenerative responses complements spinal adjustments that target alignment and nervous system function.

The practice philosophy emphasizes patient participation in health management through informed choices. Educational tools and clinical explanations support this goal. Shockwave therapy sessions are conducted in a clinical setting by trained providers. The modality is presented as part of a comprehensive evaluation process rather than a standalone solution. Integration with other services allows for coordinated care plans based on individual assessments.

Complete Family Healthcare operates as a chiropractic facility that provides evaluations, adjustments, and additional modalities such as shockwave therapy. Established in 2006, the practice addresses back pain, neck pain, headaches, muscular tightness, spinal conditions, soft tissue injuries, and related concerns through established techniques. Services draw from the doctors' educational backgrounds and clinical experience in applying Gonstead principles, extremity methods, and regenerative approaches for suitable candidates.

###

For more information about Complete Family Healthcare, contact the company here: Complete Family Healthcare Dr. JJ Anthonijs +17707723500 completefamilyhealthcare@gmail.com 11525 Haynes Bridge Rd #120 Alpharetta, GA 30009

## **Complete Family Healthcare**

*Dr. JJ Anthonijs and Dr. Jarrod Wise bring 25+ years of combined experience and are in network with most health and auto insurance plans in Georgia. They help patients reach their health goals with or without filing insurance claims.*

Website: <https://completefamily.net>

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

Phone: +17707723500

