



Be Aligned Health Utilizes Shockwave Therapy for Tissue Regeneration and Pain Management

June 09, 2026

POWELL, OH - June 09, 2026 - PRESSADVANTAGE -

Be Aligned Health incorporates shockwave therapy as part of its corrective care offerings for patients experiencing certain musculoskeletal conditions. This non-invasive treatment stimulates the body's natural self-healing process, promoting accelerated tissue repair in areas affected by chronic issues or injuries that have not resolved fully. The approach addresses cases where pain persists due to tissue that has stopped healing properly rather than solely from weakness or other factors.

Shockwave therapy, also known as focused ultrasound therapy, uses high-intensity sound waves to target injured tissue caused by overuse, acute injury, ischemia or reduced blood flow, or nerve injury. The treatment works by stimulating blood flow, cellular repair, and regeneration in areas stuck in a chronic inflammatory cycle. It helps break down scar tissue from chronic injuries, stimulates microcirculation of blood and lymphatic tissue, releases substance P neurotransmitter for pain modulation, increases the presence and utilization of mesenchymal stem cells, enhances healing of cartilage, and releases nitric oxide to support cellular healing.

Conditions that may benefit from shockwave therapy include tendinitis or tendinosis, rotator cuff sprains or strains, plantar fasciitis, golfers elbow or tennis elbow, carpal tunnel syndrome, trigger finger, knee and hip injuries, arthritis, spinal injuries, and disc herniations. It also addresses issues such as weakness, limited range of motion, frozen shoulder syndrome, labral tears, instability, and pain. The therapy can promote joint healing, provide analgesia or pain relief, and improve joint mobility. In some cases, it may help heal small ligament and muscle tears under 3 millimeters and initiate a new healing phase in chronically injured areas.

Dr. Lee Thomas, Doctor of Chiropractic and founder of Be Aligned Health, is one of the few providers in the Powell, Ohio, and surrounding areas utilizing this therapy. The number of treatments typically ranges from four to twelve at weekly or biweekly intervals, depending on the severity, chronicity, and location of the condition. Success rates have been reported worldwide at 80 to 90 percent, with a successful treatment defined as at least a 75 percent reduction in pain within three months, along with improvements in pain-free range of motion, strength, and functional ability.

The treatment process may initially cause discomfort when engaging injured or ischemic tissue, but most patients tolerate the procedure. Some soreness or discomfort may occur afterward for two to 48 hours as the body initiates its inflammatory healing response. Patients are advised to avoid anti-inflammatory medications during this period, use ice sparingly, and reduce activity for 48 hours following treatment to support the healing process. The clinic notes that shockwave therapy is FDA approved but not covered by insurance.

This therapy integrates with the clinic's broader corrective chiropractic care, which focuses on spinal alignment and posture to support nervous system function. Be Aligned Health employs the 5 Essentials framework, combining core chiropractic with quality nutrition from natural foods, a healthy mindset for stress management and brain function, oxygen and exercise to build lean muscle and resilience, and minimization of toxins to aid the body's natural cleansing. These elements work together to address underlying causes of health concerns.

As a provider of pain management in Powell, Ohio, Be Aligned Health utilizes shockwave therapy alongside other services such as home rehabilitation video resources for exercises that patients can practice between adjustments after an initial evaluation. Wellness protocols target common issues including back and neck pain, headaches, and sciatica through customized adjustments, rehabilitation programs, nutritional assessments, detoxification regimens, and exercise schedules. Pregnancy and pediatric care incorporate Webster's Technique, and nutrition coaching supports metabolism, hormones, and energy levels.

Dr. Lee Thomas reflected on the role of shockwave therapy in patient care. "Shockwave therapy provides a stimulus for the body's natural healing mechanisms in cases where tissue has become stuck in chronic patterns, supporting regeneration and recovery through non-invasive means."

Dr. Thomas Marks, Doctor of Chiropractic at Be Aligned Health, added insights on the integrated approach. "Combining shockwave therapy with corrective adjustments and the 5 Essentials allows us to address both acute and chronic musculoskeletal issues comprehensively for better patient outcomes."

Be Aligned Health opened in December 2013 under Dr. Thomas and his wife, becoming among the youngest private chiropractic clinic owners in Ohio at the time. Dr. Thomas earned his degree in human biology and microbiology from Ohio State University in 2008 and has advanced training in structurally corrective chiropractic care, nutrition, detoxification, exercise physiology, and physical therapy. He has hosted Aligned with Life Radio since 2014 on local stations. The team also includes Dr. Jay Briggs, a Palmer College of Chiropractic graduate, and Meg Repas, Clinic Director with a background in athletics and education.

The clinic has earned recognition through independent community votes as one of the top chiropractic offices in Powell and surrounding areas in 2018 and 2022. Its location in Powell serves residents in Delaware County and nearby communities with a focus on patient education and personalized care plans.

Demand for non-invasive regenerative options continues as individuals seek alternatives for persistent pain and injuries. Be Aligned Health responds by offering shockwave therapy as part of its commitment to empowering patients with knowledge and tools for health maintenance. The clinic's methods emphasize prevention and long-term wellness across all ages, from newborns to seniors.

Be Aligned Health operates as a chiropractic clinic in Powell, Ohio, dedicated to corrective care and holistic wellness. Established by Dr. Lee Thomas, the practice combines structural adjustments with complementary therapies such as shockwave to address health concerns at their source. The clinic prioritizes patient education and personalized strategies, including community outreach through its radio program, to promote sustained vitality.

###

For more information about Be Aligned Health, contact the company here: Be Aligned Health Dr. Lee Thomas 614-389-4945 BeAlignedHealth@gmail.com 10266 Sawmill Pkwy, Powell, OH 43065

Be Aligned Health

Our Doctors and Health Coaches in Powell provide a full spectrum of complementary care to help identify specific lifestyle deficiencies preventing you from functioning at 100%.

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

Email: BeAlignedHealth@gmail.com

Phone: 614-389-4945

