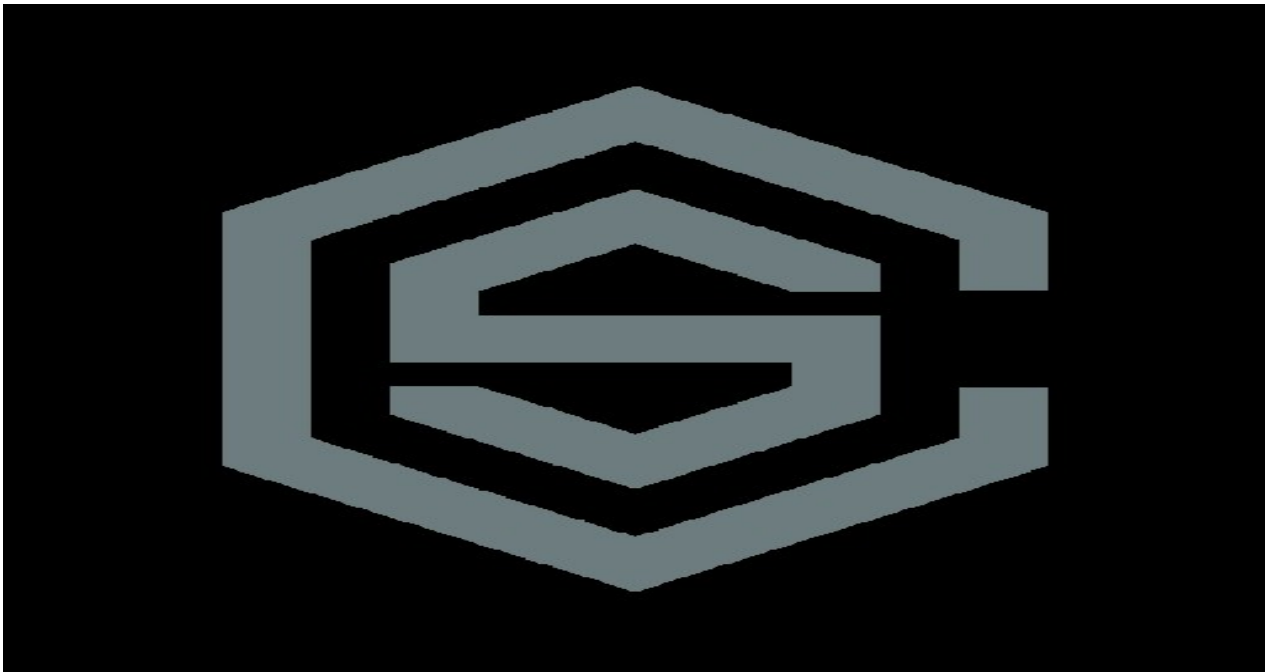




Cool Springs Foot Care Expands Regenerative Treatment Program, Helping More Patients Avoid Foot Surgery

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FRANKLIN, TN - July 15, 2026 -

Cool Springs Foot Care has announced a significant expansion of its regenerative medicine program with the addition of advanced Shockwave Therapy services, giving patients throughout Middle Tennessee greater access to non-surgical treatment options for chronic foot and ankle pain.

The expansion reflects a growing trend in healthcare toward treatments that stimulate the body's own healing processes before surgery becomes necessary.

Each year, thousands of people endure persistent heel pain, Achilles tendon injuries, tendon disorders, and chronic foot pain that limit work, exercise, travel, and everyday activities. While many assume surgery is inevitable, advances in regenerative medicine are changing how these conditions can be treated.

Extracorporeal Shockwave Therapy (ESWT) uses precisely focused acoustic waves to stimulate blood flow, cellular activity, and tissue repair in damaged tendons and soft tissues. Treatments are performed in the office and require no incisions, injections, or downtime, allowing most patients to immediately return to their

normal daily routines. To learn more about how Shockwave Therapy at Cool Springs Foot Care promotes non-invasive healing for Chronic plantar fasciitis, Heel Pain, and Soft tissue injuries of the foot and ankle, to find more information visit here: <http://coolspringsfootcare.com/healing-plantar-fasciitis/>

"Our philosophy has always been to recommend the least invasive treatment that offers the best long-term outcome," said Dr. Lance Reeves, founder of Cool Springs Foot Care. "Whenever we can help a patient heal naturally and avoid surgery, everyone benefits."

Unlike treatments that simply reduce inflammation or temporarily relieve pain, Shockwave Therapy is designed to activate the body's own healing response, making it particularly valuable for patients whose symptoms have persisted despite stretching, medications, orthotics, physical therapy, or other conservative care.

For patients who ultimately do require surgery, regenerative therapies can also complement comprehensive treatment plans designed to promote recovery and restore mobility.

The expansion supports Cool Springs Foot Care's broader commitment to providing patients with every appropriate treatment option?from conservative care to advanced minimally invasive surgery?allowing treatment recommendations to be based on each individual's condition rather than a one-size-fits-all approach.

"Our mission isn't simply to perform surgery," Reeves said. "Our mission is to help people get back to living their lives. If that can be accomplished without surgery, that's often the best outcome."

Dr. Reeves has built the practice around providing advanced technologies that improve patient outcomes while minimizing disruption to daily life. Along with the expanded Shockwave Therapy program, Cool Springs Foot Care offers minimally invasive bunion and hammertoe surgery, laser therapy, comprehensive sports medicine, general foot care, and individualized treatment plans designed to keep patients active.

Patients experiencing foot or ankle pain lasting longer than several weeks are encouraged to seek evaluation before chronic damage progresses. Early diagnosis often provides more treatment options and may help prevent surgery altogether.

For more information on Shockwave Therapy, visit:
<https://coolspringsfootcare.com/shockwave-therapy-video/>

Cool Springs Foot Care is a comprehensive foot and ankle practice located in Franklin, Tennessee, serving patients throughout Middle Tennessee. Led by Dr. Lance Reeves, the practice is committed to combining evidence-based medicine with advanced technology to provide personalized care for foot and ankle conditions. Services include regenerative therapies, minimally invasive surgery, sports medicine, diabetic foot care, laser treatments, and long-term patient care focused on restoring mobility and improving quality of life. For any questions or to book an appointment at Cool Spring Foot Care visit: <https://coolspringsfootcare.com/>
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For more information about Cool Springs Foot Care , contact the company here: Cool Springs Foot Care
Cool Springs Foot Care 615-567-5622 hello@coolspringsfootcare.com 125 Cool Springs Blvd Suite 250 Floor 2, Franklin, TN 37067

Cool Springs Foot Care

Dr. Reeves treats his patients like family. He believes patients deserve someone who will listen and commit to finding the best treatment for their needs. He focuses initially on high-end conservative modalities to help alleviate pain.

Website: <https://coolspringsfootcare.com/>

Email: hello@coolspringsfootcare.com

Phone: 615-567-5622

