

STELLAR *Life*

Hosted By *Orion*

Un-Pain with Shockwave Therapy

13 Point Checklist

Dr. Uran Berisha

Want to gain as much knowledge as possible out of this episode? Here is your **13 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"There's no expiration date on injuries in the body unless you fix and treat them."

DR. URAN BERISHA

13 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 13 steps that can move you closer to your goals – today.**

- Have yourself assessed by a professional to see if you need Shockwave Therapy. Your scars can cause different body pain. This pain is a signal that your nervous system is requesting a change. Treating them can make chronic pain disappear.
- Check if you feel weird touching your scars. Most of the time, this is a sign of emotional trauma stuck in that area. You can release this damage by going through Shockwave Therapy.
- When looking for a shockwave therapy facility, make sure to set an appointment with a certified technician. Getting the appropriate treatment is the best investment you can give your body and your scars.
- Stretch your whole body or at least the parts where you feel tightness. Loosening up your muscles by twisting and bending as you wake up in the morning can relieve the pain that you feel.
- Research Shockwave Therapy and its many benefits in relieving chronic pain. Understanding how this treatment works is vital in helping you recover, relax, and reach balance in your life.
- Practice mindfulness and spirituality for relaxation. Meditate by focusing on your breathing and allowing your brain to shut down for a few moments.
- Keep in mind that shockwave therapy should not be painful. It should only induce very minimal pain. Learn more about the specifics of this treatment to ensure your safety and comfort during the session.
- Evaluate if you always feel pain in your wrists. This may indicate problems such as your shoulders not working properly, your deltoids and back not doing the work, or your forearm muscles being overused. Have it checked by a professional for a proper treatment plan.
- If possible, look for alternatives before getting surgery. A lot of medical care is focused on treating symptoms, but not the scars left by the procedure. Remember, it is you who will take care of yourself in the long run.
- Practice breathing methods. Breathing gives you oxygen and without it, you have no life. Choose a technique you're most comfortable with and make it a daily habit.
- Focus on developing a healthy mindset. Checking yourself from time to time prevents you from going down the rabbit hole of intrusive thoughts. Keep moving forward for growth and remember to keep breathing.
- Eat healthily and prioritize your nutrition. Your body is the only one you have. Take care of it and don't wait for somebody else to do it for you.
- Visit Dr. Uran Berisha's [website](#) in Edmonton for a free telehealth session where you can get the guidance you need to move forward and become healthy