

STELLAR *Life*

Hosted by *Orion*

Un-Pain with Shockwave Therapy

10 Point Checklist

Dr. Uran Berisha

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

STELLAR *Conversations*



10 STEPS YOU CAN TAKE TODAY

Take charge of your health, wellness, and success.

Here are 10 steps that can move you closer to your goals – today.

- Schedule a professional assessment to see if you need Shockwave Therapy. Your scars can cause different types of body pain. This pain is a signal from your nervous system, alerting you to a need for change. Focused treatment on your scars can make chronic pain disappear.
- If you experience weird emotions when you touch your scars, this could be a sign of emotional trauma that's lodged in your healed physical trauma. Shockwave Therapy can help you release the trauma your scars still hold.
- When looking for the right shockwave therapist for you, make sure you set an appointment with a certified technician. Receiving the appropriate treatment is the best investment you can give your body and your scars.
- Stretch your body –especially the areas in which you experience tightness. When you wake up in the morning, if you loosen up your muscles through twists and bends, you may find you experience pain relief.
- Research Shockwave Therapy to explore its many benefits in relieving chronic pain. It's vital you understand how Shockwave Therapy works to help you recover, relax, and reach balance in your life.
- Practice mindfulness and spirituality to relax. Meditate: Focus on your breathing and allow your brain to shut down for a few moments.
- Shockwave therapy should not be extremely painful, and should only cause minimal discomfort. Learn more about the specifics of this treatment to ensure your safety and comfort during the session.
- Evaluate if you experience pain in your wrists. This may indicate shoulder problems, that your deltoids and back aren't carrying their workload, or that your forearm muscles are overused. Have your pain checked by a professional to ensure proper treatment.
- Before getting surgery, explore other alternative solutions. Medical care is often focused on treating symptoms, but not the scars left by surgical procedures. Remember, ultimately, you're responsible for self-care.
- Practice breathing methods. The oxygen you inhale through breathing is, quite literally, life-giving. Choose a technique you're most comfortable with and make it a daily habit.
- Focus on developing a healthy mindset. Check your thoughts and perspective to prevent you from going down the rabbit hole of intrusive thoughts. Keep moving forward for growth. Remember to keep breathing.
- Eat healthily and prioritize your nutrition. You only have one body. Take care of your body 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.