

**From:** [Sanders, Michael S CIV USSOCOM USASOC \(USA\)](#)  
**To:** [Tomlinson Adam O 1LT USARMY USSOCOM USASOC \(USA\)](#); [Hershon, Matthew J CPT USARMY USSOCOM USASOC \(USA\)](#)  
**Subject:** FW: shockwave 5w"s  
**Date:** Wednesday, November 30, 2022 11:15:46 AM

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Adam and Matt,

Here are the 5w's for the Shockwave equipment. Let me know if you need anything else.

Thanks,

Mike

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**From:** Copes, Tamara L USSOCOM USASOC (USA) <tamara.l.copes.ctr@socom.mil>  
**Sent:** Wednesday, November 30, 2022 4:47 AM  
**To:** Sanders, Michael S CIV USSOCOM USASOC (USA) <michael.s.sanders@socom.mil>; Anson, Patrick J CTR USSOCOM USASOC (USA) <patrick.anson.ctr@socom.mil>; Mularkey, Amanda M CTR (USA) <amanda.m.mularkey.ctr@army.mil>  
**Subject:** Re: shockwave 5w's

Ok... I'll attempt this again.

What: Extracorporeal Shock Wave Therapy (ESWT)

Who: In support of 7<sup>th</sup> SFG(A) soldiers

When: Expedite care for SMs without timely and costly referrals to specialists and outside sources

Where: 7<sup>th</sup> SFG(A) THOR3 Sports Med Clinic

Why: ESWT is a well researched treatment modality for common chronic injuries seen in the military that are often difficult to treat: Achilles Tendinosis, Plantar Fasciitis, etc. Having a unit in the clinic would allow rapid care of these injuries and faster return to full training/duty.

## Tamara L. Copes

**KBR CTR | POTFF PHYSICAL THERAPIST**

***Doctor of Physical Therapy***

***Fellow American Academy of Orthopedic Manual Physical Therapist***

*Board Certified Orthopedic Clinical Specialist*

*Certified Athletic Trainer*

*Diploma of Osteoprapctic*

***THOR3 Human Performance***

***7th Special Forces Group***

***Eglin AFB, FL 32542***

***Office: 850-885-7982/1***

***Cell: 210-748-8255***

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**From:** Sanders, Michael S CIV USSOCOM USASOC (USA)

**Sent:** Wednesday, November 23, 2022 2:28 PM

**To:** Copes, Tamara L USSOCOM USASOC (USA); Anson, Patrick J CTR USSOCOM USASOC (USA); Mularkey, Amanda M CTR (USA)

**Subject:** shockwave 5w's

Sports Med Masters,

Could you please send me the 5w's for the Shockwave do-hickey? It's the last piece we need to send it to 1SFC.

Thanks,

Mike

Michael Sanders, MAEd, CSCS

Human Performance & Wellness Coordinator

7<sup>th</sup> Special Forces Group (Airborne)

O: 850-885-7983