

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

Adam and Matt,

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

Thanks,

Mike

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 7th SFG(A) soldiers

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

Where: 7th 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 Osteopractic

THOR3 Human Performance

7th Special Forces Group

Eglin AFB, FL 32542

Office: 850-885-7982/1

Cell: 210-748-8255

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
7th Special Forces Group (Airborne)
O: 850-885-7983