



Hello, my name is Charlie Hogan, and I play Division 1 soccer at Cal Poly in San Luis Obispo, California. Being a Division 1 athlete, my body is constantly banged up from all the hours and hard work I put in on the field to compete at such a high level. My freshman year, I came into the program at Cal Poly struggling with patellar tendonitis. I tried absolutely everything that was recommended by professionals I trusted, icing, STEM, heating my patellar before training and games, even wearing a piece of pre wrap around my patellar hoping it would stop the pain. I was in the training room more hours than on the field, consistently doing everything I could to feel healthy, and none of it worked.

I was in so much pain that I could barely walk, run, jump, or even go up and down stairs going to class. It got so bad my freshman year that I couldn't sit down at the dinner table with my family to enjoy a meal after one of our games. I remember telling my family that day, I might have to medically retire. After a lot of prayers, our prayers were answered. I prayed asking the lord to guide me through this time where I couldn't see a way out. A week later my prayers were answered. My Dad made an introduction to a mutual friend. He had dealt with the same frustrations and pain I felt playing at the highest level in sports. He understood exactly what I was going through after trying everything doctors suggested that still didn't work.

I talked on the phone with him, and I will never forget the words he spoke to me when I was frustrated, upset, and feeling hopeless after trying everything possible to heal my knees. He said, "You're treating the symptom, not the problem." When he told me that, I knew I finally had hope. He told me about a machine called ARP Wave and was generous enough to let me try his machine. Within one week, I had no pain walking up and down the stairs on my way to class, and by three weeks I was completely pain free running and jumping. ARP Wave not only saved my soccer career, it saved me from pain that I would've dealt with later in life. I am incredibly grateful for their kindness and generosity in helping me get fully healthy after being told I needed surgery and cortisol shots. I never ended up needing either one because of ARP Wave.

Another story:

This past season, during the fall of 2025, I strained my hamstring over the summer from overtraining. I tried icing, resting, deep tissue massages, strength workouts, and even took a month off, which was recommended by trusted doctors. It worked temporarily for two weeks, but I ended up injuring it again. I was so frustrated because I had worked so hard to get healthy, and we were only three weeks away from our report date for the start of the season. I was freaking out because I thought I wouldn't be able to play at all this season. The way I was told to rehab by doctors didn't work. Feeling out of options, I reached out to ARP Wave again to see if they could help. We found the hotspots in my legs that were causing the hamstring injury and worked on them. Within two weeks, we destroyed the problem completely. I made it through the full season of my junior year without worrying about my hamstring at all.

I didn't ice or treat the injury the normal way because I had already tried that, and it didn't work. I took a chance on ARP because nothing else was working and it worked. I went on to score my first career goal and get my first career assist because ARP Wave healed me once again.

Later that season, with about seven games left, my shoulder subluxed with no contact during training. I had done this once before during my freshman year and was out for four weeks. After it happened again, I thought my season was over because I expected to be out for another month from my past experience.. I immediately called Shauna from ARP Wave, and she helped me right away. Within a week of using ARP, I was ready to play even though that same injury had taken me four weeks to recover from using the traditional PT approach of ice, STEM, band work, and strength exercises. ARP is different. It is the path less traveled, but it should be traveled more, because it finds the problem and destroys it.

My advice: Stop treating the symptom and start treating the problem with ARP Wave technology. Everyone wants to be healthy and perform at their best possible self. If it wasn't for ARP, I wouldn't be playing soccer today pain free. My prayers were answered, and I was blessed with ARP Wave. I tried absolutely everything, and it always led back to the same frustrating cycle of injury. I can't express it enough, everyone experiences aches and pains but with ARP Wave there is a better way, you identify the problem and destroy it. God bless you all!!

