

***ESWT for Soft Tissue
Pathologies: Case Review***



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ESWT for Soft Tissue Pathologies: Case Review

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BRAZIL

Objective

- Retrospective study
- Electro hydraulic high-energy device
REFLECTRON – HMT
- 3 Brazilian Centers

Materials and Methods

March 2001 to May 2003

<i>Pathologies</i>	<i>Treated</i>	<i>with Follow-up</i>
Tendinosis calcarea of the shoulder	60	59
Tendinosis of the shoulder	26	26
Epicondylitis	42	40
Trochanteric bursitis	24	24
Achilles tendon calcifying (or not) tendinosis	39	36
Plantar fasciitis	69	68
Total of patients	260	253

Number of treatments

Treatments	Number of Patients
1	235
2	21
3	2

- 1200 - 1500 pulses
- E3 (3.32 mJ) to E7 (3.60 mJ)
- HMT Parameters

Results

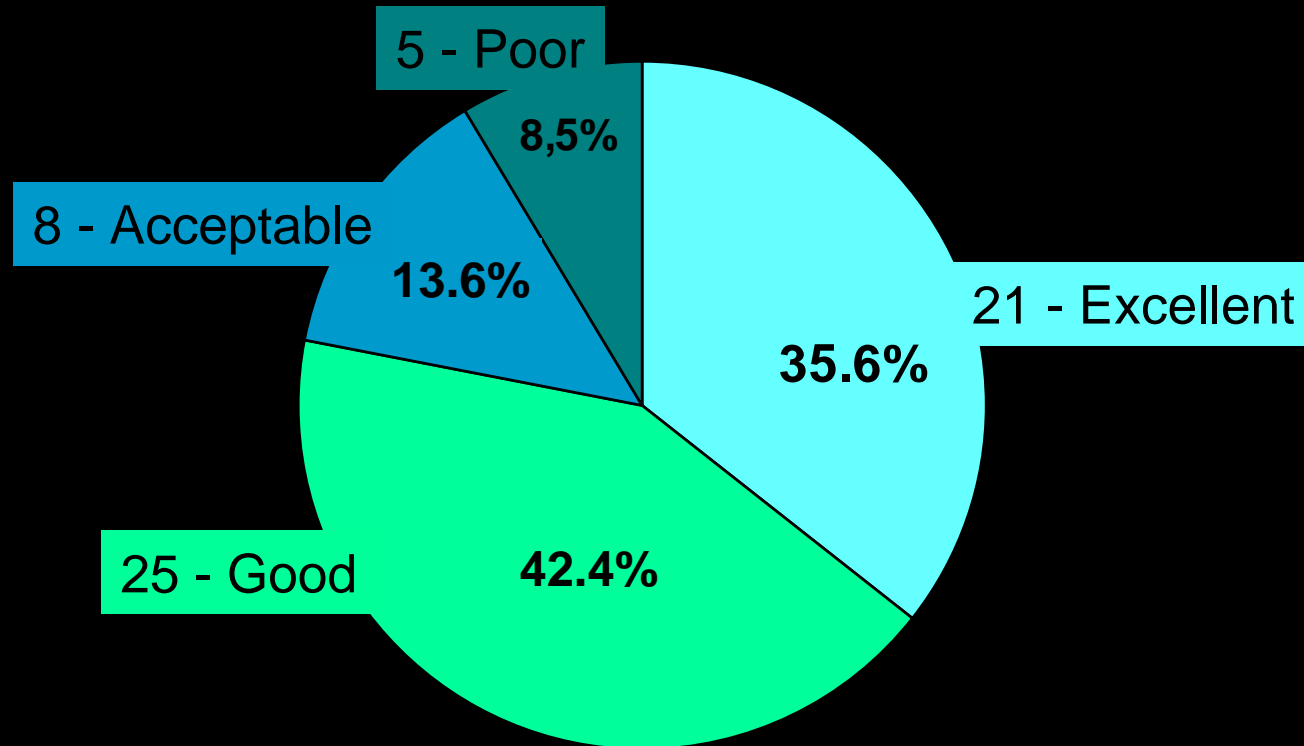
Roles and Maudsley score

Grade 1	Excellent	no pain, full movement and activity
Grade 2	Good	occasional pain, full movement and activity
Grade 3	Acceptable	some discomfort after prolonged activity
Grade 4	Poor	pain limiting activity

Tendinosis calcarea of the shoulder

Treatments	Cases	1 month	3 months	6 months
1	55	53 %	76 %	77 %
2	4	40 %	48 %	68 %

Tendinosis calcarea of the shoulder



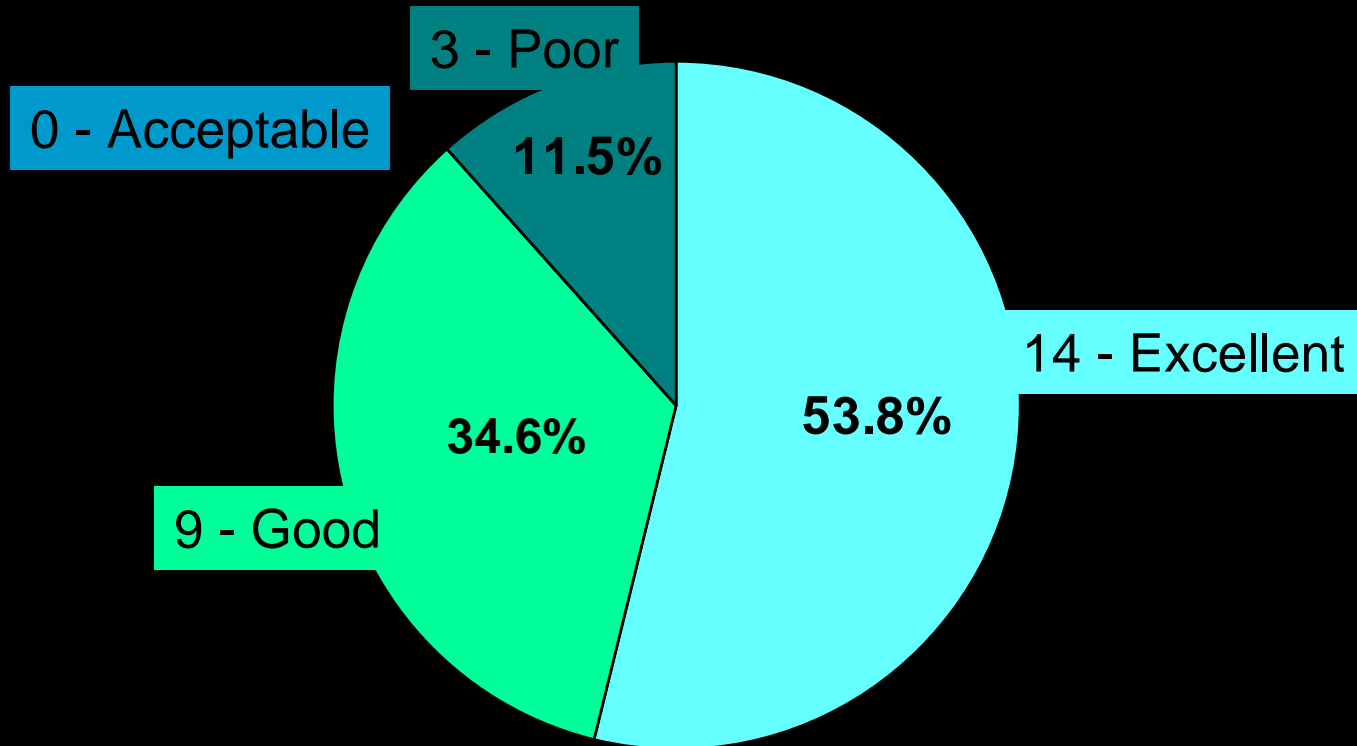
Roles and Maudsley score

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Tendinosis of the shoulder

Treatments	Cases	1 month	3 months	6 months
1	25	69 %	74 %	82 %
2	1	70 %	100 %	100 %

Tendinosis of the shoulder

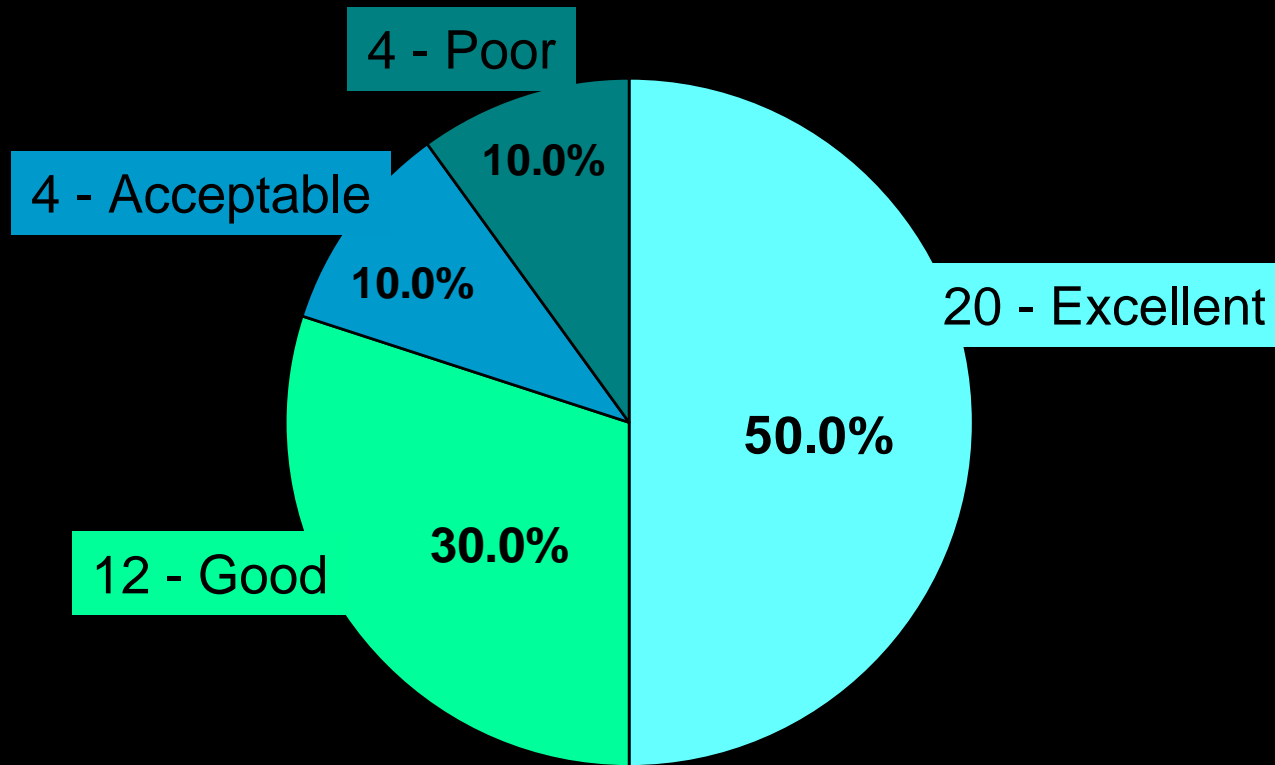


<i>Roles and Maudsley score</i>		
Grade 1	Excellent	no pain, full movement and activity
Grade 2	Good	occasional pain, full movement and activity
Grade 3	Acceptable	some discomfort after prolonged activity
Grade 4	Poor	pain limiting activity

Epicondylitis

Treatments	Cases	1 month	3 months	6 months
1	32	48 %	72 %	76 %
2	8	55 %	65 %	70 %

Epicondylitis



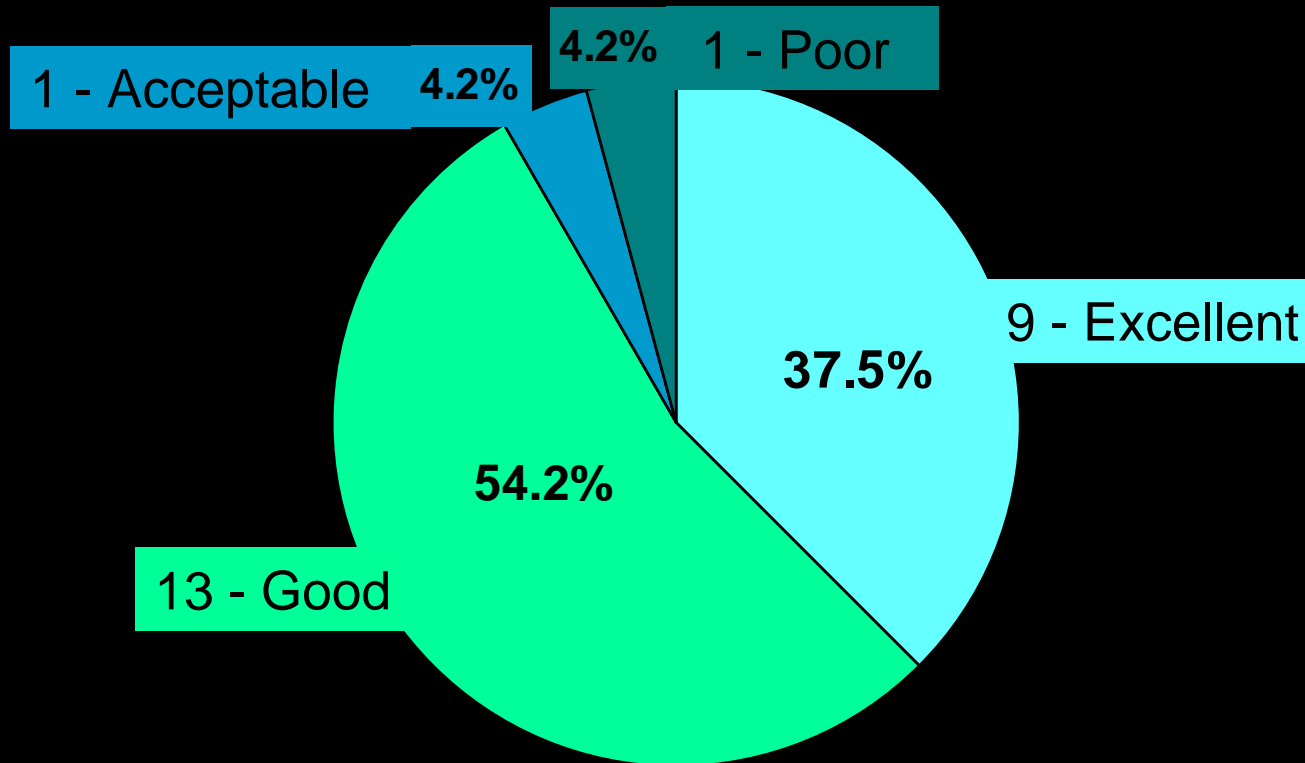
Roles and Maudsley score

Grade 1	Excellent	no pain, full movement and activity
Grade 2	Good	occasional pain, full movement and activity
Grade 3	Acceptable	some discomfort after prolonged activity
Grade 4	Poor	pain limiting activity

Trochanteric bursitis

Treatments	Cases	1 month	3 months	6 months
1	23	74 %	84 %	89 %
2	1	50 %	80 %	75 %

Trochanteric bursitis

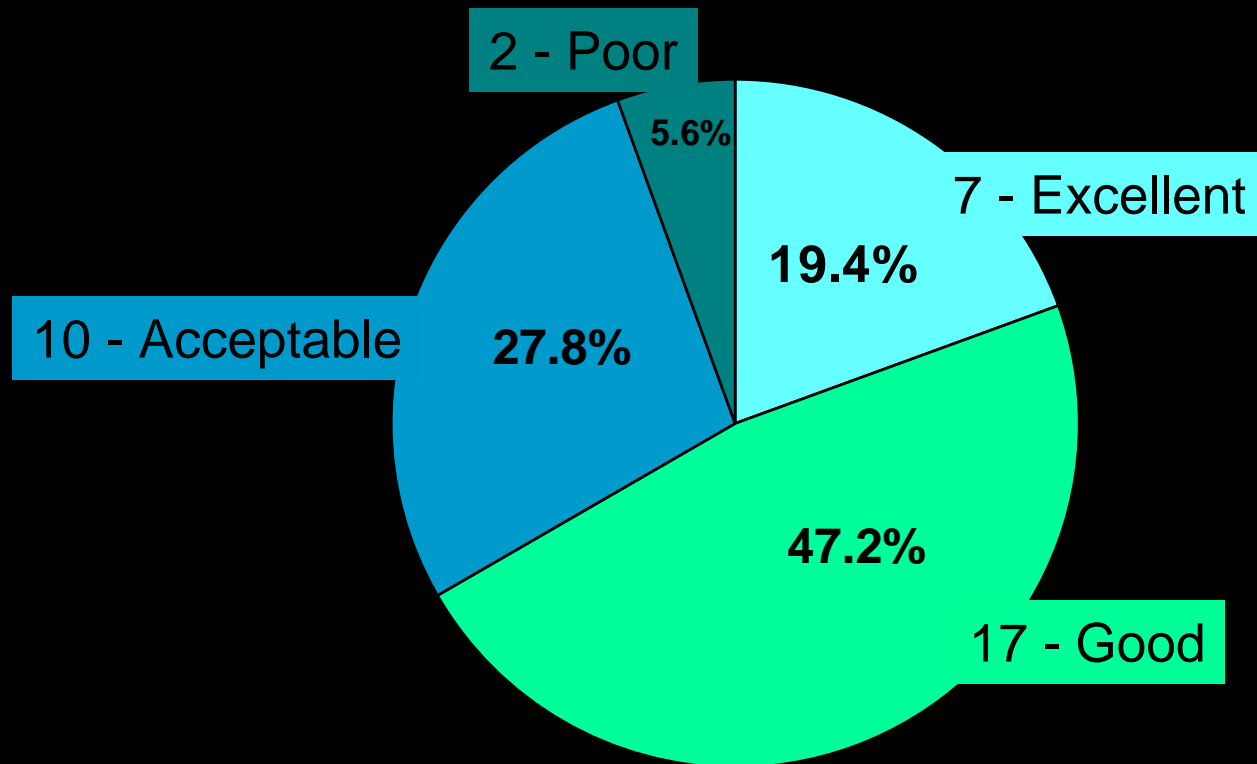


<i>Roles and Maudsley score</i>		
Grade 1	Excellent	no pain, full movement and activity
Grade 2	Good	occasional pain, full movement and activity
Grade 3	Acceptable	some discomfort after prolonged activity
Grade 4	Poor	pain limiting activity

Achilles tendon calcifying (or not) tendinosis

Treatments	Cases	1 month	3 months	6 months
1	32	48 %	67 %	71 %
2	3	50 %	53 %	52 %
3	1	80 %	30 %	80 %

Achilles tendon calcifying (or not) tendinosis



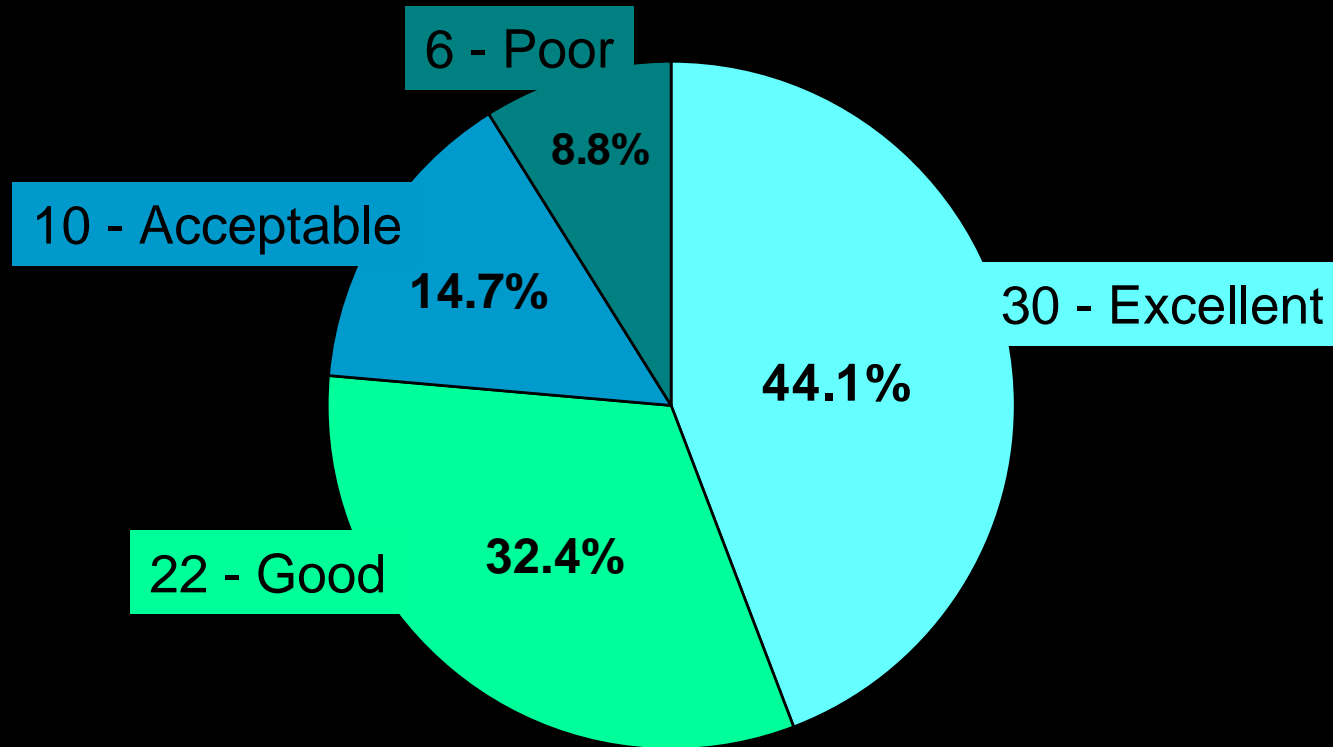
Roles and Maudsley score

Grade 1	Excellent	no pain, full movement and activity
Grade 2	Good	occasional pain, full movement and activity
Grade 3	Acceptable	some discomfort after prolonged activity
Grade 4	Poor	pain limiting activity

Plantar fasciitis

Treatments	Cases	1 month	3 months	6 months
1	65	51 %	69 %	77 %
2	2	0 %	90 %	90 %
3	1	50 %	50 %	30 %

Plantar fasciitis



Roles and Maudsley score

Grade 1	Excellent	no pain, full movement and activity
Grade 2	Good	occasional pain, full movement and activity
Grade 3	Acceptable	some discomfort after prolonged activity
Grade 4	Poor	pain limiting activity

Results

253 patients

<i>Pathologies</i>	<i>Excellent and Good (Grade 1- 2)</i>	
Tendinosis calcarea of the shoulder	46	78.0 %
Tendinosis of the shoulder	23	88.5 %
Epicondylitis	32	80,0 %
Trochanteric bursitis	22	91.7 %
Achilles tendon calcifying (or not) tendinosis	24	66,7 %
Plantar fasciitis	52	74.5 %

Follow-up 6 – 14 months