

# Orthopaedic Lithotripsy in Chronic Tendinopathies

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Chronic tendinopathies are very frequent but not a serious problem. Generally, chronic tendinopathies or tendinoses are the consequence of an acute event managed in an incorrect way. The tendon tissue loses elasticity, vascularity and develops angiofibroblastic degeneration. The results of traditional methods such as NSAID´s and analgesic drugs or physical therapy, have not proven favorable, leading some patients to surgical procedures. Extracorporeal Shock Wave Therapy is a relatively new procedure (in Mexico since 2002). This treatment method causes neovascularization and biomechanical recovery of tendons. Its mechanisms of action are basically two fold: the direct (traumatic) and the indirect (cavitation) effects, the last being the most important. Shock waves have been used successfully in acute tendinopathies and in recent years they have shown good effectiveness in treating chronic tendinopathies.

In this work we present our experience in the treatment of 40 patients with chronic tendinopathies such as rotator cuff tendonitis, tennis elbow and plantar fasciitis. General indications were reviewed and, based on our results, we discuss the future of this therapeutic option.

We have had good or excellent results in most of our patients, with a minimal rate of complications. The procedure is well tolerated and accepted by our patients.

We found shockwave therapy to be a good option in our patients with chronic tendinopathies. This first case series in Mexican patients is the base for a controlled study in order to determine precise parameters of clinical success.