

Sport's Injuries of Tendons: our Experience with ESWT with Ultrasound Guide in Line

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The aim of this study is to show our experience utilizing ESWT to treat on tendonopathies of athletes from various sports. Each treatment was performed using ultrasound guide in line to ensure maximum efficiency.

From February 2004 to September 2004, 99 athletes with chronic tendon injuries were treated with ESWT. The age of the patients was between 15 and 35 years (average age = 23.16 years).

The treatments were performed with a piezoelectric device (WOLF PIEZOSON 300) with US-imaging guide in line. We performed the treatments in 3-4 sessions (one session weekly or every 2-3 days) using low and mid-level energy. The follow up was performed with the VAS scale 30, 60, 90 and 120 days after the end of therapy.

The best results were reported for enthesitis of the patellar tendon (95% reduction of pain); 30% of the athletes experienced chronic enthesitis of the anterior cruciate ligament using the patellar tendon. For shoulder impingement of the rotator cuff we observed 66% reduction of pain (volleyball, baseball and rugby players); and 100% reduction of pain was reported for enthesitis of the pubic bone (soccer players).

The best results were reported for patellar tendon enthesitis and pathologies of the pubic bone. In these pathologies the injury and area of pain are very small, therefore utilizing a guide with Ultrasound imaging on line in real time increases the effectiveness of the therapy and reduces its side effects (shock waves on the bone, movement of the patient).