

# Shockwave Biosurgery in Insertional Tendinopathies: Our Experience in Ecuador

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Tendineous pain during sports and daily activities is a major cause of incapacity, and is often hard to manage for patients and physicians alike, as it causes functional disabilities and sometimes leads to pharmacological overuse, or even surgery. Two decades ago ESWT was developed, and has been used successfully in many centers throughout the world. Shockwave Bio surgery started as a treatment option in Ecuador in March 2004.

We have treated 97 patients between 18 and 75 years of age with chronic tendinopathies. Our patients had a diagnosis of Lateral Epicondylitis (22), Patellar Tendonitis(27), Achilles Tendonitis (9), Plantar Fasciitis (36) and Supraspinatus Tendonitis (3). We excluded patients with previous surgical procedures and patients treated with ESWT and Autologous Growth Factors (AGF) combined therapy. We applied 2,000 radial shockwaves (Swiss Dolor Clast - EMS) as analgesia and 2,000 impulses at therapeutic levels (0.06-0.18 mJ/mm<sup>2</sup>) without anaesthesia, in two sessions at one week intervals.

We have followed 97 patients for an average of 18 months. The average pain score before treatment was 8/10, and became 2/10 after the follow up (80% reduction). All our patients experienced pain relief to some degree and were satisfied with the procedure. Most of them recovered enough to restart their basic daily activities and even sports. ESWT was effective for most of our patients. By using this technique that is not only non-invasive, but also well tolerated, we avoided the possible complications of surgical procedures and reduced costs in our hospital. We will continue with these protocols and report further results.