

# Shockwave Therapy for Achilles Tendonopathy : Retrospective Study

**Author:**

PR. Rockett, AC. Souza, F. Arcader

**Institution:**

Ortosom (Porto Alegre/RS); Cortrel (Rio de Janeiro/RJ), Brazil

The aim of this study was to evaluate the efficacy and safety of extracorporeal shock wave therapy for the treatment of Achilles tendonopathy in two Brazilian Orthopaedics Clinics.

In a multi-center, retrospective study, the effect of shockwave therapy was investigated in 101 cases of 90 patients with Achilles tendon calcifying (or not) tendinosis treated during a period of 37 months, from May 2002 to June 2005. Eleven patients received bilateral treatment. There were 34 women and 56 men with an average age of 58 (range, 33-87) years. The criteria for inclusion were at least three months of unsuccessful conservative therapy or six months of pain. Criteria for exclusion were inflammatory arthritis, corticosteroid injection within the previous 6 weeks, neurological abnormality, gout, malignant diseases, blood coagulation disorders and previous Achilles tendon rupture. Each patient was treated with 1,000 shock waves, a 05 mm focus depth, and with an energy flux density of no more than 0.13 mJ/mm<sup>2</sup> after local or regional anaesthesia. One treatment was performed on 91 cases, 7 underwent a second treatment and 3 cases underwent a third treatment. The subjects were evaluated by means of a clinical evaluation according to Roles and Maudsley score and subjective outcome on Visual Analogue Scale (VAS) analysis 45, 90 and 180 days after the end of the therapy.

The study showed the efficacy and safety of ESWT were excellent in 21.8%, good in 47.5%, acceptable in 19.8%, and poor in 10.9%, 180 days after ESWT.