

Treatment of Chronic Lumbar Pain with Radial Shock Waves

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This paper is about one year experience using radial shock waves as treatment for lumbar pain with trigger-points.

We treated patients with chronic resistant lumbar pain who had no neurological compression or others diseases. We identified the trigger points with clinical examination and perform the treatment using radial shock waves in conjunction with needles. We repeated the application every week for 2 months (8 sessions) with 3,000 shocks.

We evaluated 30 patients using clinical patient opinion relative to pain during activities such as standing, walking and night pain . After 8 sessions, 25 of 30 patients were satisfied with the results. Three months after treatment the patients were still satisfied.

This is an initial report of our experience. More research pre and post treatment needs to be done. We have performed the inactivation of trigger points with needles for the last 8 years with good results. The association with radial shock waves is safe, less invasive and, in our initial opinion, a new option for these hard-to-treat patients .