

ESWT Treatment in Delayed Union and Pseudoarthrosis

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During 2004 in our Institute we investigated the effectiveness of extracorporeal shock wave therapy in pseudoarthrosis and delayed union of long bones in 30 patients. We extended our work to a total of 80 patients till Jan 2006. This study shows our experience as Radiologists with ESWT.

Our study, started in 2004 with 30 patients, continued till Jan 2006 collecting a group of 80 patients to evaluate the effectiveness of ESWT in treatment of pseudoarthrosis and delayed union. We treated 53 males and 27 females (age ranging from 15 - 68 years), of whom 44 suffered of pseudoarthrosis and 36 of delayed union. Shock wave treatment was administered with a "REFLECTRON" (HMT- System). The protocol consisted in 4 treatments (one per week) with 3000 shocks (frequency 240 shocks/min) each. The target area was selected under fluoroscopic guidance drawing a pen-point on the corresponding skin area.

Treatment was given without anesthesiological support, hospitalisation nor immobilisation.

Our experience confirms the primary role of ESWT in the conservative treatment of pseudoarthrosis and delayed union of long bones.