

# Two-Year Results of Patients with Gonarthrosis Treated with Intermittent Extracorporeal Shockwaves and Intra-Articular Application of Hyaluronic Acid

## **Author:**

A.Lang, H.G.Neuland

## **Institution:**

Chirurg/Unfallchirg. Praxis Bad Friedrichshall ZES Kronberg, Germany

Within the scope of a multicenter study about the effects of extracorporeal shockwaves in combination with intra-articular applications of hyaluronic acid, 9 patients were observed for a period of over two years.

After MRI examination, the sensitivity to pain was proved by VAS (visual analogue scale) and the functional maximum load by Lysholm and HSS (hospital of special surgery) score. ESWT was applied using Piezoson 100 (Fa.Wolf, Knittlingen, Germany) on 9 patients (5 women, 4 men) between 29 and 75 years of age. The treatment was performed five times at one-week intervals.

Three patients (2 women, 1 man) who were under medical supervision for 30 months reported total elimination of their pain with a significant improvement of the Lysholm and HSS-score. Two patients had a significant and two a mediocre improvement in their pain. Two patients required surgery.

The treatment of gonarthrosis in a not-so-advanced state that combines ESW with intra-articular hyaluron acid injection seems to be a good alternative to other therapies.