

# **Shockwave Therapy for Lateral Epicondylitis of the Elbow : Retrospective Study**

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The aim of this study was to evaluate the efficacy and safety of extracorporeal shock wave therapy for the treatment of Lateral Epicondylitis of the elbow in three Brazilian Orthopaedics Clinics. In a multi-center, retrospective study, the effect of shockwave therapy was investigated in 93 elbows of 89 patients with Lateral Epicondylitis of the elbow treated for a period of 51 months, from March 2001 to June 2005. Four patients received bilateral treatment. There were 37 women and 52 men with an average age of 51 (range, 33-74) 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, acute infection, gout, malignant diseases or blood coagulation disorders. Each patient was treated with 1,200 shock wave impulses, a 5 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 80 elbows, 12 elbows underwent a second treatment and 1 a third. 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 39.8%, good in 32.3%, acceptable in 10.8%, and poor in 17.1%, 180 days after ESWT.