

# ESWT Treatment in Calcific Tendinitis of the Shoulder

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The objective of our study was to evaluate the effectiveness of ESWT treatment for symptomatic calcific tendonitis of the shoulder.

Our 2 years experience lasted from Jan. 2004 to Jan. 2006. We treated 110 patients, 44 males and 66 females, (age ranging from 32 to 83 years) with painful shoulder calcific tendinitis who were unresponsive to other conservative therapies. We used a REFLECTRON - HMT ESWT System using a protocol which consisted in one treatment of 500 shocks (frequency 240 shocks/min) each week for three weeks.

The treatment was successful in 83 patients with symptomatic resolution. In 21 patients we observed at the post-treatment X-Ray control the complete vanishing of periarticular calcifications. In 39 patients there was a volumetric reduction of the calcifications. 20 patients experienced no change. 1 patient presented a volumetric increase of the calcification. 2 patients showed a symptomatic improvement.

Conclusions: In our experience ESWT can be accepted as a valid conservative treatment in calcific tendinitis of the shoulder leading to a symptomatic, functional and radiological improvement.