

Shockwave Therapy for Tendinosis of the Shoulder: Retrospective Study

Author:

AC.Souza, PR. Rockett, MB. Lui,

Institution:

Cortrel (Rio de Janeiro/RJ); Ortosom (Porto Alegre/RS), Brazil

The aim of this study was to evaluate the efficacy and safety of extracorporeal shock wave therapy for the treatment of tendinosis of the shoulder in two Brazilian Orthopaedics Clinics.

In a multi-center, retrospective study, the effect of shockwave therapy was investigated in 65 shoulders of 60 patients with tendinosis of the shoulder treated over a period of 37 months, from May 2002 to June 2005. Five patients were treated in both shoulders. There were 21 women and 39 men with an average age of 53 (range, 19-83) 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 1,500 shock wave impulses, a 35 mm focus depth, and with an energy flux density of no more than 0.14 mJ/mm² after local or regional anaesthesia. One treatment was performed on 59 shoulders, 4 shoulders underwent a second and 2 shoulders underwent a third treatment. 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 30.8%, good in 43%, acceptable in 7.7%, and poor in 18.5%, 180 days after ESWT.