

# Shockwave Therapy for Hip Bursitis: 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 Hip Bursitis in two Brazilian Orthopaedics Clinics.

In a multi-center, retrospective study, the effect of shockwave therapy was investigated in 46 cases of 43 patients with Hip Bursitis treated over a 35-month period from June 2002 to May 2005. Three patients received bilateral treatment. There were 36 women and 7 men with an average age of 60 (range, 27-79) 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, neurological abnormality, gout, malignant diseases or blood coagulation disorders. Each patient was treated with 1,200 shock wave impulses, a 35 mm focus depth, and with an energy flux density of no more than 0.14 mJ/mm<sup>2</sup> after local anaesthesia. One treatment was performed on 42 cases and 4 underwent a second 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 37%, good in 54.4% and poor in 8.6%, 180 days after ESWT.