

# Tendinosis calcarea of the shoulder: Treatment by extracorporeal shockwaves

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## Device and producing company:

Reflectron- HMT

## Introduction:

To evaluate the safety and effectiveness ESWT in the treatment of tendinosis calcarea of the shoulder in three Brazilian orthopedic centers.

## Methods:

From April 2001 to February 2006, 187 cases with chronic tendinosis calcarea of the shoulder were treated. The age of the patients was between 25 and 79 years (average = 55 years). There were 177 patients, 10 with bilateral treatment; 93 women and 84 men. Inclusion criteria: pain for at least 6 months, three months of unsuccessful conservative treatment and failed surgical procedure. The exclusion criteria were: inflammatory arthritis, corticosteroid injection within the previous 6 weeks, neurological abnormality, gout, malignant diseases and coagulation disorders. The treatments were performed with an electrohydraulic device (REFLECTRONi ). One treatment was performed on 162 cases, 21 underwent a second treatment and 4 cases underwent a third treatment. The subjects were evaluated by means of a clinical evaluation according to Roles and Maudsley score and Visual Analogue Scale analysis 45, 90 and 180 days after the end of the therapy.

## Results:

The study showed the efficacy of ESWT was excellent in 28.34%, good in 36.9%, acceptable in 12.84%, and poor in 21.92%, 180 days after ESWT.

## Discussion:

ESWT must be considered as an alternative in the treatment of tendinosis calcarea of the shoulder which has been resistant to conventional procedures.

## Conclusion:

ESWT has the advantages of being non-invasive: no significant complications, lower operating costs, and eliminating the substantial potential risks of traditional surgical procedures.