

# Shock wave and greater trochanteric bursitis

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**Device and producing company:**

Orthospec, Medispec Ltd.

**Introduction:**

Extracorporeal Shock Wave Therapy (ESWT) has become a useful adjunct for the treatment of various musculoskeletal inflammatory conditions. The purpose of the study is prospective assessment of the efficacy of ESWT for the treatment of recalcitrant greater trochanteric bursitis (GTB).

**Methods:**

Prospective evaluation and follow-up of fourteen patients with persistent GTB, two of them with bilateral problems. All the patients failed to respond to conventional treatment with oral NSAID's, physiotherapy, US and more than one steroid injection to the greater trochanter region. All patients underwent a complete physical examination. A Comprehensive VAS Score (grading from 0-10) was obtained prior to therapy and at followup. ESWT was applied in six consecutive courses each consisting of 1500 impulses of 0.32mJ/mm<sup>2</sup> to the lateral side of the greater trochanter region.

**Results:** Mean age of 60.6 years, 11.6 mean SD (range 38 to 81 years). Mean duration of symptoms 14.2 (from 8.1 to 37 months). Mean VAS dropped from 7.9 (0.9) to 1.6 (0.8) ( $p < 0.0001$ ). There were no side effects except minimal local discomfort during the treatment sessions.

**Conclusion:**

ESWT is an effective treatment for recalcitrant GTB, with minimal side effects.