

Controversial results in treatment of epicondylitis up to now. Reasons?

Author:

Andreas Lang, Helmut Neuland

Institution:

Praxis für Chirurgie/Unfallchirurgie, Hagenbacher Str.2, D-74177 Bad Friedrichshall. ZES, Westerbachstr.23F, D-61476 Kronberg

Device and producing company:

PiezoWave (Wolf), Piezoson 100plus (Wolf), Therapiequelle FB 10G4

Methods:

Treatment of the epiphyseal zones of muscle-insertion, where chondroid-like tissue is found (M.extensor carpi radialis, M.extensor digitorum communis). One thousand impulses/session, ED+ 0.22mJ/mm², depth 10-20mm, frequency max. 4 Hz.

Results:

We have achieved up to 90% success when the above mentioned regions are treated. Successful treatment results only at primary tendinitis.

Discussion:

If the wrong zones are treated with too high energy levels the results of treating lateral and medial epicondylitis of the humerus are not satisfactory.

Conclusion:

Only primary tendinitis can be treated with ESWT. The results are good if the epiphyseal zones of muscle-insertion are treated with the correct energy level, frequency, number of impulses and penetration depth.