

Use of shock waves in complementary therapy of dermatomyositis (DMS)

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Device and producing company:

Minilith SL1, Storz Medical A.G

Introduction:

Dermatomyositis is a chronic and uncommon disease that generally involves muscles and skin. Various data confirm its self-immunological pathogenesis, and its symptoms are common to other chronic rheumatic disease. Vasculitic phenomena involving capillaries, venues and arterioles are frequent. Their gravity is generally correlated to the possibility of serious necrotic hemorrhagic complications. The skin alterations are characterized by a maculo-papular rash that, especially on the back of the hands, has the tendency to develop in white atrophic areas. The muscular involvement, principally proximal, in its early symptoms, can be expressed by muscle pain with increasing asthenia and atrophy, generally due to reduced physical activity. Joint stiffness and severe joint pain represent the final evolution. Presently therapy is principally based on corticosteroids and rehabilitation. Shock waves (SWs) could represent a valid aid in the therapy of this disease.

Methods:

An electromagnetic device was used both with a localized and a non- focalized source: 5 single sessions over one week (5 applications), power 0.4 mJ/mm², 1600/1200 or 600 shocks in function of the specific treated muscle.

Results:

The AA shows the results obtained both using focalized and non-focalized SWs.

Discussion: The Authors discuss the experiences developed using a combination of SWs, rehabilitation and drugs.

Conclusion:

Shock wave therapy can represent a valid therapeutic help to improve joint movement, to reduce muscle contractures and pain, and to reduce corticosteroid doses.