

Radial shock wave therapy as an aid to physiotherapy

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Device and producing company:

Radialspec™, Medispec Ltd.

Introduction:

Radial waves (RW) are currently used for orthopedic treatment. The Radialspec™ is a device for RW treatment, used by our department for about a year. Goals: Proving the effectiveness of RW in the treatment of multiple orthopedic pathologies.

Methods:

Sixty-five patients were treated with the Radialspec™. Their clinical diagnosis, disease's acuteness status, treatment parameters, pain intensity, and functional level were documented. Follow-up was conducted following treatment.

Results:

Clinical diagnoses were: 31% Shoulder pathologies, 31% Epicondylitis, 22% Plantar Fascial pathologies, and 16% "other" pathologies. Twenty-nine percent of the patients' pathologies were "chronic", 12% "sub-acute" and 6% were "acute on chronic". The average number of waves per treatment was: 4001.5.

Eighty-five percent of patients were treated at low intensity (10Hz) and 15% at high intensity (20Hz). Sixty-eight percent of patients were treated at low energy (80 nJ) and 32% at high energy (115 mJ). Patient's average number of treatments was: 5.6. The average change in pain intensity at treatment's completion (1-10 scale) was 3.75 points. Eighty percent of the patients showed improvement in pain. Sixty-three percent demonstrated functional improvement.

Follow-up was achieved in 60% of the patients. Average follow-up duration was 4.12 months. Follow-up demonstrates long-term improvement in 79% of the patients. Comparing their follow-up condition to their treatment completion status - 44% had stable results, 33% improved and 23% deteriorated.

Discussion:

Long term improvement is achievable in about 80% of our patients. Some of them were previously treated unsuccessfully with conventional physiotherapy techniques.

Conclusion:

RW Therapy is effective, safe and has added value to current conventional physiotherapy treatments with poor past response.