

# Improvements in ESWT: comparing two different clinical protocols in treatment of soft tissue

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## Device and producing company:

EVOTRON, OSSATRON OSA 140, HMT

## Introduction:

Improvements in Shockwave Therapy and its more widespread use have led to a number of questions being raised in our clinical practice. At the Vienna Congress, there was a suggestion to reduce both the number and power of shocks in bone therapy. In a similar way, we have changed our protocol in the treatment of soft tissue.

## Methods:

Patients with rotator cuff tendonitis with calcific deposit were considered and two different groups were identified: a) patients treated prior to 2004 with the following protocol - 2 or 3 ESWT sessions (1500 shocks per session) at a 3- or 4-week interval; b) patients treated after 2005 with the following protocol - 2 or 3 ESWT sessions (600 shocks per session) at a 2week interval. Patients were evaluated with Constant and Murley Scale, Visual Analog Scale, and with pain response on Fisher's Algometer. Evaluations were performed prior to treatment and then 1 month, 3 months, and 6 months after treatment.

## Results:

We present here the results of our clinical data review comparing the previous protocol with the new protocol. The data indicates no statistical difference between the two groups.

## Discussion:

The two groups show similar results. However, the new protocol with the 2week interval resulted in being less expensive, easier to organize, and more satisfactory from the patients' point of view. We should consider ESWT as a major breakthrough in the treatment of chronic inflammatory disease and we now have the possibility to eliminate the biomechanical causes of the pathology.

## Conclusion:

We have now adopted the new protocol but we consider it vitally important to investigate the biological response of ESWT more thoroughly.