

Focused and defocused ESWT. The comparison of the results in the treatment of heelspurs

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Device and producing company:

NITS: Orthowave 180, HMT EvoTron

Introduction:

In the former time only shockwave devices with focused and radio therapy heads were used in the orthopedic field. Since ca. 2 years defocused shockwave therapy head was used for wound and skin treatment. This was the reason to use therapy head for the heelspur treatments as well.

Methods:

Between 1/2002 and 10/2005 there were treated 179 patients with heelspurs. Follow up: 6, 12, 18 and 124 weeks. The devices: HMT EvoTron and MTS Orthowave 180, Focus head: 1200 shocks, 0,12 - 0,14 mJ/mm², local anaesthesia 5Hz. Between 11/2005 and 12/2006 95 heelspur patients were treated with Orthowave 180 defocused therapy head, 1200 shocks 0,14 mJ/mm², no local anaesthesia, 5 Hz.

Results:

Group 1: 20 weeks after the 1. treatment (in some cases 2 and 3 treatments), VHS 69 %, Roles and Maudsley score 67 % excellent and good, 33 % acceptable and poor Group 2: Defocused therapy head, 24 weeks, VHS 74% Roles and Maudsley score, 75,8 % excellent and good, 24,2 % acceptable and poor (drop out: group 1 45 patients, group 2 21 patients)

Discussion:

better results in group 2, because of the defocused therapy head or of no use of local anaesthesia?

Conclusion:

ESWT with defocused therapy heads seems to be a good matter to treat orthopedic indications. Now it is necessary to make valid studies to proof the effectiveness of this kind of treatment