

# Treatment of shock wave therapy in traumatic skin lesion - Case report

**Author:**

Paulo Roberto Pires Rockett, Mara Bernardete Lui

**Institution:**

Ortosom Praga Dom Feliciano, 78/801 Porto Alegre - RS Brazil

**Device and producing company:**

Reflectron - HMT

**Introduction:**

Studies in vitro and in vivo confirmed that high energy shock waves have antibacterial effects, probably acting on biofilms produced by bacteria. The aim of this study was to evaluate results of the application of ESWT on the traumatic skin lesion of a patient who was expected to undergo arthroscopy on his right knee 5 days after an accident.

**Methods:**

Male patient, 41 years, with an ankle sprain resulting in a peroneal fracture and macerated tissue after an iron Rate felt over his right leg and foot. One day after the accident. a Shock Wave treatment was performed on the macerated tissue injury which presented first signs of inflammatory reaction. The objective of the treatment was to avoid infection and repair the tissue because the patient would undergo an arthroscopy 5 days after the accident. Shock wave treatment was given over five sessions (one per week), with an electro-hydraulic device (Reflectron - HMT) with a special non-focused coupler. Treatment was ambulatory, with no anesthesia.

**Results:**

Clinical evaluation and photographic documentation showed that there was pain relief, increase of granulation tissue, diameter reduction and complete healing of lesion. On the day of the surgery, the injury was considered to present no risks of infection.

**Discussion:**

ESWT enabled a safe surgical procedure abbreviating the patient's recovery.

**Conclusion:**

Shock Wave Therapy proved to be effective and safe in treating traumatic skin injury. Complementary studies will be required to evaluate the extension of this therapy on skin lesions.