

ESWT in the treatment of epicondylitis: What results in medium- to long-term? (Efficacy only in the short term or also in the medium- to long- term?)

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Device and producing company:

Piezoson 300 - WOLF

Introduction:

The study of basic research has demonstrated that the application of ESWT produces a biological response in tissues. The aim of this study is to evaluate the effectiveness and safety of ESWT in the treatment of humeral epicondylitis two years after treatment.

Methods: We treated 50 patients with chronic epicondylitis and we checked them two years later.

Results:

At two years from the start of the treatment we had the same positive results as we had had in the short term.

Discussion:

The results of conservative treatment are inconsistent and pain frequently recurs. The efficacy of ESWT at short term is well known. With our study, we demonstrate more lasting efficacy.

Conclusion:

When we consider the efficacy and safety of ESWT as a non-invasive treatment as well as its prolonged effectiveness, we can say that it is a low cost alternative method of treatment for chronic epicondylitis, without the risks of traditional surgical procedures.