

New RSWT protocols validation in inflamed tendon

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Device and producing company:

Radial Shock Wave Therapy (RSWT) by a Swiss DolorClast from EMS

Introduction: The diversity of tendon injury could limit the use of RSWT. Our aim was to validate new RSWT protocols adapted to the type and location of tendonitis.

Methods: Patients suffering from pathologic tendonopathies were treated with RSWT and followed prospectively for six months. Selection criteria included prior radiology, only one therapy (IB), and the scrupulous respect of established protocols. Tendon tears were excluded. Pain killers without local injection were permitted if present before RSWT. Three protocols (P1, P2A, and P2B) were established. P1 was used for undamaged painful tendon of the shoulder and elbow. P2A was designed for tendon injury in the shoulder and infra-patella. P2B was used for hip, Achilles and sole tendonitis. Device parameters were adapted to both the protocol and patient tolerance. Each patient signed a written informed consent, and the study was approved by the local ethical committee.

Results: Out of 244 inflamed or injured tendons initially selected, 119 were excluded. In the remaining 125 pathologic tendons (100 patients) analysed, a five-month follow-up evaluation showed patient satisfaction of 100% for Achilles (7 tendons), 91% for plantar fascia injuries (18 patients, 22 locations), 89% for hip involvement (30 patients, 55 tendons), 88% for shoulder problems (15 patients, 17 tendons), and 58% for the 19 tendons located in the lateral elbow.

Discussion: No discussion

Conclusion: Our RSWT protocols could be validated for the hip, shoulders, plantar fascias, and Achilles tendonitis.