

ESWT as an option when surgery fails

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Institutions:

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Device and producing company:

Dolorclast, EMS

Introduction:

Treatment with ESWT for tendinopathies is a well-known treatment option with good results reported in a large number of publications. We treated some cases after failed open or arthroscopic procedures.

Methods:

We treated two cases with recalcitrant plantar fasciitis after open surgery, two after open repair of Achilles tendon rupture, two patellar tendons after open procedures and three cases of lateral epicondylitis after arthroscopic surgery. All patients underwent three sessions with 2000 shocks at 0.3 mJ/mm² within a week interval.

Results:

With the exception of one patellar tendon, in all cases, after 3 months pain was reduced and the patients could return to their daily activities.

Discussion: The treatment with ESW in our clinic is very effective for chronic tendinopathies and is offered to the patients before any surgical procedure.

Conclusion: ESWT is an option for patients with tendinopathies after failed surgery.