

# **Our experience using the Dornier Epos Ultra High Energy Protocol one year follow-up**

## **Author:**

David H. Zuckerman, Denise Ashcraft

## **Institutions:**

Excellence Shockwave Therapy, 13 West Ave., PO Box 145, Woodstown, New Jersey USA

## **Device and producing company:**

Dornier Epos Ultra

## **Introduction:**

The study will detail our experience using high energy ESWT to treat plantar fasciitis, Achilles tendonitis, and tennis elbow. This group of patients was treated in 2005.

One-year follow-up surveys were mailed to all patients that were treated by Excellence Shockwave Therapy physicians. Results were evaluated and are ready to be reported.

## **Methods:**

All patients were treated with single session high energy ESWT under local and/or regional anesthesia. All patients were treated in an office setting. Patients were given a second ESWT treatment after the 4-6 month mark if indicated

## **Results:**

Average VAS Pre-ESWT was 8.32. At one-year follow-up, average VAS was 1.53 as reported by Patient R/M - 88.31%.

## **Discussion:**

We will discuss reasons for success and reasons for failure and how we prevent and/or reduce failures. ESWT is an excellent treatment method however proper selection and patient education play a major part in higher successful outcomes.

## **Conclusion:**

Patient selection with proper evaluation is very important. Post-ESWT care and use of additional ESWT treatments can make the difference between success and failure of the procedure.