

# Focused or Radial Shockwave Therapy?

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## Device and producing company:

HMT (Evotron); EMS (Swiss DolorClast)

## Introduction:

Much discussion surrounds patient tolerance, effectiveness and cost per treatment of focused and radial ESWT. We analysed our results of using: (i) a combination of focused and radial ESWT, (ii) focused ESWT alone and (iii) r-ESWT alone, in the treatment of pain related to AVN of the left hip in a 45-year-old Chinese male.

## Methods:

During the first treatment regimen, the patient received 4 combination treatments and 1 rESWT treatment over 8 weeks. The patient then had 2 months rest before receiving a second treatment regimen consisting of 1 combination treatment, 1 Focused ESWT only treatment and 3 rESWT only treatments over 8 weeks.

## Results:

After the first treatment regimen a 20% decrease in pain was noted (pain rating scale) as well as a 20% increase in ROM. After the second treatment regimen a further 30% decrease in pain and 30% increase in ROM were noted. Pain during Evotron treatment (focused ESWT) was 8 out of 10 and during Dolorclast treatment (rESWT) was 4 out of 10. Results were maintained at 15-month telephonic follow up.

## Discussion:

Both types of treatments appeared to help the patient, with rESWT being much better tolerated. Cost per treatment did not differ between the two machines. A larger study group with a more structured protocol would be useful to explore further.

## Conclusion:

ESWT appears to be effective in the treatment of pain associated with AVN of the hip, and there appears to be little difference between the effectiveness of the two devices used in the study although there was more tolerance to the rESWT device.