

# **Combined EPAT/Focussed Shock Wave Therapy and Trigger Points in Sports Medicine**

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## **Introduction:**

Using D-Actor technology (pressure pulse therapy - low energy) combined with focussed shock wave therapy (high energy) we have been treating myofascial trigger points according to the model of Anatomy Trains (Myers) for about 5 years.

**Methods:** We performed a preliminary study from 07/2004 to 12/2007 in 412 patients (runners), ages 24 - 41, to soften the impact of their feet and the associated muscle chains. Clinical and radiographic parameters, VAS and patient satisfaction level were evaluated. Follow up was performed every 8 weeks for a total period of six months. Descriptive and interferential statistical analysis were performed, based on Pearson`s coefficients of correlation and Chi square analysis.

## **Results:**

The study shows the efficacy and safety of EPAT and shock wave technologies were: excellent in 22.1%, good in 47%, acceptable in 20.1% and poor in 10.8 % of patients six months after first treatment.

## **Discussion:**

A limited numbers of sessions (3-4) is useful to reduce pain, but careful monitoring of the response is required prior a second or third (or fourth session). (Elimination of end-plated dysfunction - hypoxia normalization in trigger points - dissolution of contraction nodes - stimulation of metabolism in affected muscle fibers.)

**Conclusion:** The mobile combined EPAT/Shock Wave Therapy is effective and safe in chronic and acute lesions in Sports medicine, especially in running sports.