

ESWT Guidelines

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Device and producing company: n. a.**Introduction:**

Since 1994 ESWT has been applied in the fields of orthopaedics and general surgery but there were no concrete treatment guidelines. Therefore a board of international experts modified the guidelines for the standard indications.

Methods:

According to the consensus statement of the international board of experts from 2008 (published in the ISMST Newsletter and on the homepage of DIGEST) the experts established guidelines which the AWMF (working group of scientific approved societies in Germany) currently uses.

Results:

These guidelines will be presented for ESW treatment of chronic tendinopathies and treatment of the skeletal muscles. New guidelines were developed for chronic tendinopathies such as tennis elbow, plantar fasciitis with or without heel spur, calcifying tendinopathy of the shoulder, patellar tendinopathy, Achilles tendinopathy, greater trochanteric pain syndrome, impaired bone healing (non-unions, stress fractures, AFN, OD of knee and talus) and the newly-defined field of ESWT for skeletal muscles.

Discussion:

Is it possible to work out such concrete guidelines for all indications and for all devices which are used worldwide?

Conclusion:

Guidelines should be published from the societies for all scientific studies, treatment standards, reimbursement and training and certification of doctors worldwide should be validated.