

# **Shock wave therapy in tennis elbow: long term follow-up, pitfalls and complications**

## **Author:**

Miguel Angel Guedez, M. Capasso, G. Verratti, F. Gonzalez, O. Gonzalez, M. Betancourt, C. Quintero, A. Utrera

## **Institution:**

Servicios medicos Ortho shock, Caracas, Venezuela

## **Device and producing company:**

Dornier Epos Ultra

## **Introduction:**

A prospective study was performed between July 2004 and July 2008, which included patients of both sexes and at least 6 months follow-up after therapy.

## **Methods:**

Fifty-one patients were treated in this study (22 male and 29 female), in 49 patients the dominant hand was affected and in 2 the non-dominant hand. Initially 26 patients reported severe pain, 22 moderate and 4 mild. After 3 to 5 treatment sessions with focused shock waves at level 7 (3200 pulses), 6 patients had severe pain and 32 mild pain or burning sensation. Thirty-eight patients returned to normal activities within 30 days.

## **Conclusion:**

In conclusion, focused shock waves are a successful and reproducible method for the treatment of tennis elbow. Burning sensation, epidermolysis and decrease in muscular grip force were the most severe complications. Three cases did not respond due to false diagnosis: osteochondritis, radiocubital synovitis and entrapment of the radial nerve in Froshe's arcade.