

Chronic Golfer's Elbow: How can we obtain good results with ESWT?

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Device and producing company:

Dornier Epos Ultra

Introduction:

Chronic medial epicondylitis is a painful and disabling condition that is very difficult to treat satisfactorily with any therapy, even with ESWT, as verified in the published literature.

Methods:

Since 1998, I have treated more than one thousand cases of chronic epicondylitis, of which 104 were medial epicondylitis. Various modifications to my initial treatment protocol were required to obtain good results. High energy, analgesia and the method of application are the key factors.

Results:

Over the last 3 years I have treated 48 cases of chronic epitrocleosis. The mean number of treatment sessions is 4.8. The results were: Excellent and Good - 42 (87%), Fair - 2 (4%) and Poor - 4 (8%).

Discussion:

Proper focalization of the energy, proper amount of energy and proper regional anesthesia are crucial to successful treatment of this pathology.

Conclusion:

Chronic golfer's elbow can be treated successfully with ESWT.