

Effectiveness of Shock Wave Therapy in Patients with Calcifying Tendinopathy of the Shoulder

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Device and producing company:

Reflectron, HMT

Introduction:

Three Brazilian centres for shock wave therapy participated in a retrospective study to evaluate the effectiveness and safety of shockwave treatment in patients with calcified tendinopathy of the shoulder.

Methods:

In a retrospective and multi-centre study, 222 patients were evaluated (233 shoulders) over a period of 79 months, from April 2001 to November 2007. Eleven patients received bilateral treatment. One hundred and twelve (112) women and 110 men were treated, with ages ranging from 25 to 79 years and an average age of 53 years. Each patient was treated, after subacromial bursa or interscalene brachial plexus block anaesthesia, with 1500- 2000 pulses of shockwaves at 35 mm focal depth and with a energy flux density of 0.14 mJ/mm². Only one treatment was required in 194 shoulders (83.2%), whereas 30 (12.9%) received a second treatment and 9 (3.9%) received a third. The subjective analysis of pain was obtained through visual analogical scale and the clinical evaluation in accordance with Roles and Maudsley Score at 45, 90 and 180 days after the final treatment.

Results:

One hundred and eighty (180) days after treatment the results were classified as: excellent in 28.3%; good in 36.9%; acceptable in 11.6% and poor in 23.2% of the patients. Six patients with bad results were advised to have surgery.

Discussion:

Extracorporeal shock wave therapy produces significant relief of pain and decreases physical incapacity produced by calcifying tendinopathy of the shoulder.

Conclusion:

Shock wave therapy should be considered as an option in cases of calcifying tendinopathy of the shoulder that failed conservative treatment or surgery.