

Effectiveness of ESWT in Patients with Chronic Patellar Tendinopathy

Author:

Paulo Roberto Pires Rockett, Mara Lui

Institution:

Ortosom, Porto Alegre, Brazil

Device and producing company:

Reflectron, HMT

Introduction:

Patellar tendinopathy is not merely an inflammatory condition, it is also due to the degeneration of the collagen fibers. The results of conservative treatments have been irregular and inconsistent and the symptoms frequently recur. Surgery has been suggested as an alternative method for treatment of severe cases that do not respond to conservative treatments however, the results of surgery are incalculable and associated with risks and complications.

Methods:

Thirteen patients (16 knees) were included in the study; 12 men and 1 woman, between 26 and 67 years old (average age: 38 years old). Each patient was treated, after regional block or local anaesthesia, with 1000 pulses of shock waves at 5 mm depth focus and 0.13 mJ/mm² energy flux density. The subjective analysis of pain was accomplished by visual analogical scale and the clinical evaluation in agreement with the Roles and Maudsley Score.

Results:

One hundred and eighty (180) days after treatment we obtained satisfactory results in 75% of the cases (44% were excellent and 31% were good results) and poor results in 25% of the patients.

Discussion:

Extracorporeal shock wave therapy produces significant relief of pain and decreases physical incapacity caused by chronic patellar tendinopathy.

Conclusion:

Shock wave therapy should be considered as a treatment option in cases of chronic patellar tendinopathy that failed conservative or surgical treatments, because it is safe, non-invasive and without significant complications, and it reduces the risks of a surgical procedure and the involved operational costs.