

# Effectiveness of Shock Wave Therapy in Patients with Pes Anserine Bursitis

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## **Introduction:**

Pain in the conjoined insertion of the sartorius, gracilis and semitendinosus muscles is also recognized as pes anserine bursitis and is frequently found in clinical practice. Paradoxically, there is evidence that many times the presence of pes anserine bursitis is not identified. The objective of this study is to present our experience in the treatment of pes anserine bursitis with shock wave therapy.

## **Methods:**

Twenty-eight (28) patients diagnosed with pes anserine bursitis were treated with shockwaves between May 2002 and January 2008. Six patients had bilateral syndrome for a total of 34 cases. These patients were 6 men and 22 women, with ages ranging from 25 to 81 years and an average age of 53 years. After nerve block or local anaesthesia, the patients received 1000 pulses of shock waves with focus depth of 5 mm and energy flux density of 0.13 mJ/mm<sup>2</sup>. The subjective analysis of pain was determined by visual analogical scale and the clinical evaluation was in agreement with Roles and Maudsley Score.

## **Results:**

One hundred and eighty (180) days after the treatment, the results were: excellent in 44.2%; good in 38.2%; acceptable in 2.9% and poor in 14.7% of the patients.

## **Discussion:**

Extracorporeal shock wave therapy produces significant relief of pain and decreases physical incapacity caused by pes anserine bursitis syndrome. ESWT should be considered as a treatment option for patients unresponsive to other conservative measures.

**Conclusion:** Shock wave therapy is a safe and effective non-invasive treatment for patients with pes anserine bursitis.