

Shock Wave therapy for POA

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Device and producing company:

Modulith SLK, Storz

Introduction:

POA frequently occurs in patients suffering from myelin or other neurologic injuries, with an incidence rate of about 10%. The POA evolution generally stabilizes in 1-2 years. POA reduces ROM of hip, knee and elbow, limits the patient's autonomy and increases complications.

Methods:

We treated 56 patients with 65 POA's with SW therapy. Eighteen patients were hemiplegics, 14 paraplegics, 4 tetraplegics and 9 post-coma. The POA distribution was: 44 hips, 16 elbows and 5 knees. The patients were treated with 1 or 2 sessions of SW, with 6,000-8,000 shocks at 0.4-0.6 mJ/mm². After SW therapy, the patients had several sessions of kinesiotherapy.

Results:

Follow-up after one month for 45 patients (52 POA's): 87.5% of the patients treated within 18 months from the injury showed an improvement of the ROM. Only 59% of the patients treated later than 18 months after the injury had improvement of the ROM.

Discussion:

Literature indicates surgery as the standard of care for POA. However, these operations are complex procedures and relapses are frequent. ESWT can achieve similar results without surgery. It produces the best results when POA's are still in evolution and when followed by appropriate kinesiotherapy.

Conclusion:

The POA treatment described has shown encouraging results. This treatment features limited costs and is easy to apply. Additional advantages are no contraindications and no trauma for the patient.