

# **Preliminary Results in the Treatment of Achilles Tendinopathy by Application of SWT Combined with Microdebridement Radio Frequency (Topaz(r))**

## **Author:**

Gabriele Verratti, M. A. Guedez, M. Capasso, L. Moya, M. Betancourt, C. Quintero, A. Utrera

## **Institution:**

Servicios medicos Ortho shock, Caracas, Venezuela

## **Device and producing company:**

EPOS ULTRA, Dornier Medtech

## **Introduction:**

Intratendinous degeneration of the Achilles tendon (noninsertional portion) presents a challenge for any noninvasive treatment method, which should trigger a process of quality sustained repair and the consequent formation of a connective-fibrillar tissue similar to the original. In this study, we try to evaluate the combination of two methods: shock wave therapy and microdebridement radiofrequency (TOPAZ).

## **Methods:**

A prospective study was performed between October 2008 and February 2009, which included three cases of male patients in whom the intratendinous portion of the Achilles tendon was severely affected with tendinosis over the distal third of the tendon. They were evaluated clinically and with ultrasound before and after treatment. Initially high focal energy shock waves were applied, then fifteen days after microdebridement was performed a second session of shock waves was given. Immobilization is achieved with a cast above the knee for approximately four to six weeks.

## **Conclusion:**

This study allowed us to show that combining these two treatment methods provides possible noninvasive treatment for the management of this pathology when the surgical alternative represents a technically difficult option.