

Complications of extracorporeal shockwave therapy in the treatment of calcifying tendinitis of the shoulder

Authors:

Sabeti M MD(1), Dorotka R MD(1), Schatz KD MD(1), Schubert S(1), Ebenbichler G(2), Trieb K MD(3)

Institution:

AKH WienOrthopädie (1)
Physikalische Medizin und Rehabilitation(2)
Klinikum Frankfurt a.d. Oder Orthopädische Abteilung

Objective:

Study investigates complications of the application of shockwaves in the treatment of shoulder joint disorders. To our knowledge, no one has investigated side effects of this treatment modality at the shoulder.

Design:

In this retrospective study, 130 patients were treated with extracorporeal shock wave therapy for symptomatic calcifying tendonitis between January 2000 and April 2003. The energy flux density applied was in the low or mid- energetic range (0.012-0.2 mJ/mm²). The evaluation of side effects and treatment complications was performed clinically during each treatment session, and clinically and radiologically 6 and 12 weeks after the end of therapy, respectively. Clinical assessment comprised patient- reaction for complications, pain assessment using Visual Analogue Scale and the assessment of the Constant and Murley Score. In cases of persisting pain after therapy additional radiographs were made.

Results:

Local erythema at the interface of skin and lithotripter occurred in 97% of the population. Pain due to lithotriptic therapy was observed in 10 of 130 patients. No other side effects, especially no bony alterations were observed.

Conclusion:

Low and mid- energetic shockwave therapy for calcifying tendonitis of the shoulder appear to be a safe conservative treatment modality.