

Treatment of Soft Tissues Pathologies with Extracorporeal Shockwave Therapy

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Introduction:

The purpose of this study was to clinically evaluate the efficacy of Extracorporeal Shockwave Therapy using an electro hydraulic shockwave device to treat soft tissue pathologies.

Materials and Methods:

The study was conducted in Hospital Santa Rita in São Paulo where an Ossatron - HMT is installed.

From January 2002 to December 04, 132 patients (63 female and 59 male), with an average age of 51 years (min 28 and max 83 years) were submitted to shockwave therapy in the following soft tissues pathologies:

32 tendinitis calcarea of the shoulder, 13 tendinosis of the shoulder, 36 plantar fasciitis, 19 epicondylitis, 18 Achilles tendon tendinosis, 12 trochanteric bursitis of the femur, 2 patelar tendinosis.

Inclusion criteria were at least 6 months of unsuccessful conservative treatment. To evaluate the intensity of pain, the outcome was assessed in four categories using Roles and Maudsley and VAS (visual analogue scale).

One to three sessions of shockwave therapy were performed using the standard protocols; patients were reviewed at 3-6 weeks, 3 and 6 months after treatment.

Local anaesthesia and/or general anaesthesia was performed.

Results:

Twelve patients were excluded because of inadequate follow-up, 120 patients were included in the analysis . The results were as follows:

Pathologies	Results excellent	good	poor	nil
tendinitis calcarea of the shoulder	64%	13,3%	11,6%	11,1%
tendinosis of the shouder	54,5%	18%	18,5%	9%
plantar fasciitis	54%	10%	18%	18%
Achilles tendon tendinosis	60%	10,7%	17,6%	11,7%
trochanteric bursitis	70%	8,4%	5%	16,6%
patelar tendinosis	50%	50%	0	0
Epicondylitis	58,7%	16,3%	10%	15%

Conclusions:

The results of the study showed that extracorporeal shockwave therapy is an effective and safe treatment for entesopathies .