

ESWT for Lateral Epicondylitis and Heel - Our New Protocol of Anaesthesia

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Recent clinical observation indicates the beneficial effect of shock wave on inflammatory region of soft tissues. We started a protocol of treatments with no sedation or general anaesthesia, using local anaesthetics at the doctor's office.

However, some studies showed that the simultaneous use of local anaesthesia has a negative influence on repetitive low-energy shock wave therapy for chronic plantar fasciitis and results without local anaesthesia have been significantly better than with local anaesthesia even in higher energy-treatment .

The purpose of the study is to demonstrate a new protocol of anaesthesia with a regional block of the elbow and of the ankle, to treat lateral epicondylitis, Achilles tendinopathies and plantar fasciitis; a procedure that can be done in doctor's office.

We started this new protocol to observe if there was or not, influence between the use of local anaesthesia in the our follow-up results and to further prospective studies to evaluate this influence.