

A Case Study: Calcific Popliteal Tendinitis and its effective treatment using Low energy shockwaves

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The patient was an international level 400m hurdler complaining of pain during flexion in the postero lateral aspect of the knee.

Ultrasound imaging prior and during localisation whilst performing ESWT treatment demonstrated a 3mm calcific deposit within the popliteus tendon insertion to the lateral femoral condyle.

The Lithotripter of choice was a Storz Modulith SLK incorporating a 7.5Mhz inline.

The protocol was to perform three ESWT sessions, 1 month apart, employing an energy flux density ranging between 0.07 and .026mJ/mm².

Visual Analogue scores were recorded prior to the first and after the third treatment session.

No Analgesia was prescribed.

6 months after the first ESWT session complete dissolution of the calcific deposit was recorded on ultrasound imaging and the pain associated with the condition presented was now completely resolved allowing the athlete to train and compete at the highest level once again. This is a minimally invasive procedure with no long term side effects recorded by ourselves or the patient.