

# **Shockwave Therapy for Hip bursitis : retrospective study**

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## **Aim:**

The aim of this study was to evaluate the efficacy and the safety of extracorporeal shock wave therapy for the treatment of Hip Bursitis in three Brazilian Orthopaedics Clinics.

## **Material and Methods:**

In a multi-center, retrospective study, the effect of shockwave therapy was investigated in 32 patients with Hip Bursitis treated in the period of 21 months from June 2002 to February 2004. There were 25 women and 7 men with an average age of 63 (range, 41-79) years.

The criteria for inclusion were at least three months of unsuccessful conservative therapy or six months of pain. Criteria for exclusion were inflammatory arthritis, previous corticosteroid injection, neurological abnormality, gout, malignant diseases, blood coagulation disorders.

Each patient was treated with 1200 impulses of shock wave, a 35 mm focus depth, and with an energy flux density of no more than 0.14 mJ/mm after local anaesthesia.

One treatment was performed on 30 patients and 2 patients underwent a second treatment.

The subjects were evaluated by means of a clinical evaluation according to Roles and Maudsley score and subjective outcome on Visual Analogue Scale (VAS) analysis 45, 90 and 180 days after the end of the therapy.

## **Results:**

The study showed the efficacy and safety of ESWT were excellent in 34.4%, good in 53.1%, acceptable in 12.5%, and poor in 12.5%, 180 days after ESWT.