

# **Radial Shockwaves in The Treatment of Chronic Muscular Pain of The Back: Clinical Application And First Clinical Results.**

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Radial shockwaves are in clinical use for the treatment of chronic muscular pain of the back. This kind of therapy is named "trigger point shock wave application".

In the present pilot study 16 patients are included until today. All of them presented with chronic muscular back pain and with positive trigger points in the muscles of the back. All patients received 5 to 7 sessions of radial shock waves (2000 – 3000 pulses a session, 2,0 bar, 6 to 8 Hz). No local anaesthesia was used. Ultrasound jelly was used as coupling medium. Pain intensity was determined before, 6 weeks and 12 weeks after radial shock wave application using the Visual Analog Scale (VAS) from 0 points (minimum pain) to 10 points (maximum pain). At both time points following the treatment the value of the VAS improved compared to the measurement before treatment. No major side effects were observed.

Following the present pilot study "trigger point shock wave application" seems to achieve good clinical results in patients with chronic muscular pain of the back. However, the number of patients is low, the follow-up period is short and the patients population is inhomogeneous. Therefore, more detailed clinical studies must be carried out until the general benefit of radial shock waves for chronic muscular pain of the back might be recommended in general. Furthermore it is important to analyse possible side effects systematically.