

## **A. Indications for shockwave therapy**

- Pseudarthrosis/non unions
- Tendinosis calcarea of the shoulder joint
- Chronic radial epicondylitis
- Plantar fasciitis (with and without heel spur)

### **Exceptional indications:**

These are purely experimental and the therapist shall be responsible for himself. The treatment of such exceptional indications must be documented and presented to the societies. Relevant national and international directives must be observed.

#### **1. Pseudarthrosis:**

No radiological evidence of consolidation six months following the fracture or operation.

#### **2. Tendinitis calcarea of the shoulder joint**

Criteria:

- radiological Gärtner's Stage I and II
- pain over a period of at least 6 months
- unsuccessful, regular prior treatment over a period of at least 3 months or unsuccessful operation
- At least 3 of the following conservative measures must be carried out, whereby the first two treatments are mandatory.
  - Physiotherapy
  - Injections (cortisone, local anaesthetics)
  - Medication
  - Electrotherapy
  - Ultrasound
  - Thermotherapy/frigotherapy
  - Neural therapy
  - Acupuncture
  - X-ray treatment (not recommended)
  - Resting of the shoulder joint (not recommended)

#### **3. Chronic radial epicondylitis**

The same criteria as for tendinitis calcarea apply, see point 2.

#### **4. Plantar fasciitis (with and without heel spur)**

Treatment criteria:

- Pain over a 6 month period, unsuccessful treatment over a period of at least 3 months or unsuccessful surgery
- At least three of the following treatments must be performed:
  - Injections (cortisone, local anaesthetics),
  - Use of arch-supports
  - Medication
  - Electrotherapy
  - Ultrasound
  - Thermotherapy/frigotherapy
  - Neural therapy
  - Acupuncture
  - X-ray treatment (not recommended)