

Quality Standards

Guideline recommendation for the standardization of ESWT as a substitution of surgery in the field of orthopaedic medicine

*presented by the European Society for Musculoskeletal Shockwave Therapy
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This paper of the European Society for Musculoskeletal Shockwave Therapy (ESMST) defines the criteria for treatment with extracorporeal shockwaves.

The criteria are defined for

- A - Indications for shockwave therapy
- B - Contraindications/Exclusion Criteria
- C - Prerequisites for the physicians training
- D - Facilities and Equipment
- E - Record-keeping, case history, examination findings
- F - Treatment record
- G - Anaesthesia
- H - Follow-up care
- I - Follow-up examination
- J - Documentation
- K - Quality guidelines for the shockwave device

Preamble

The recommendations contained in this paper represent a consensus statement of the main exponents of extracorporeal shockwave therapy in Europe. These recommendations are based on previous publications (see appendix).

The published results are dependent on the parameters of the energy source, the individual and total energy, the position finding conditions, the frequency of treatment and the treatment concept (disintegration, connective tissue neogenesis, pain therapy). Basic medical principles, in addition to the rules and standards of conservative and operative surgery and orthopaedics apply to extracorporeal shockwave therapy.

There is a consensus on the general application conditions of shockwave therapy:

The result of shockwave therapy is influenced positively by:

- the experience of the practitioner
- adequate position finding equipment
- clear positioning of extracorporeal shockwave therapy in the range of existing treatment procedures

The result can be influenced negatively:

- when exclusion criteria are not applied or when there is no general agreement on them.
- secondary orthopaedic diseases
- non-orthopaedic secondary diseases and
- the degree of chronicity

It is not possible to delegate treatment!

This paper represents the minimum requirements of ESMST. Requirements beyond the scope of this paper may be established by the individual societies.