

EXPERIENCES IN TREATING ENTHESIOPATHIES WITH RADIAL SHOCK WAVE THERAPY

Henne M., Gerdesmeyer L.

INTRODUCTION:

Shock wave therapy for orthopaedic indications is known for almost 20 years. Since 1999 exists the radial (unfocussed) shock wave treatment which differ to the focussed in source and application.

MATERIALS AND METHODS:

In several clinical studies we tried to show an improvement after treating plantar fasciitis, tendinitis of the shoulder, epicondylitis, achilles tendinopathy, tibia edge syndrom and jumper's knee. Main criterias were Visual Analogue Scale (VAS) and Roles- and Maudsley-Score.

RESULTS:

There was a significant improvement in all our studies with a follow up in between six weeks and one year. Besides petechial bleedings or severe pain we had no side effects.

CONCLUSION:

Radial extracorporal shock wave therapy is an noninvasive procedure with no relevant side effects and therefore a good option in treating chronic, therapy resistant enthesiopathies. The mode of function is still not completely proven. Therefore further experimental studies are required.