

THE RADIAL SHOCK WAVE THERAPY :
A PROMISING NEW WAY IN TENNIS ASSOCIATED
PROBLEMS OF ACUTE AND CHRONIC TENDON INJURIES AND
OVERUSE SYNDROMS

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Originally extracorporal shock wave therapy started in urology for the lithotripsy therapy. The beneficial effects of shock waves at different energy levels on bone non-union and on the myofascial structures in orthopaedic problems are still under worldwide investigation. The FDA accepted the treatment of the plantar fasciitis (calcaneas spur) for the focussed type of therapy. The non-focussed pneumatically generated radial shock waves (EMS) are under research in a double-blind, placebo-controlled Multi-center-study in Europe and the USA. Results will follow next year. We have applied the non-focussed radial shock wave for problems of the tennis athlete during the last two years in the Davis Cup and in some ATP tournaments. Additionally the therapy is of growing importance in our daily treatment of all patients. We get good results with tendinitis of the rotator cuff, the elbow, the patellar ligament, the achilles tendon and the plantar fascia.

New application for trigger-points, trigger-bands and partially after distorsions and smaller ruptures of the muscle has also shown surprising good results.

The therapy is quick, nearly pain-free, not risky, not expensive, the equipment easy to transport and apply.

It cannot replace an exact diagnosis or good physiotherapy. It well fits together with other medical treatments like drugs, injections, electrotherapy. It is still experience-based medicine.