

D-067 Radial Extracorporeal Shock Wave Therapy for Insertion Tendopathies

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Situation: The efficacy of radial extracorporeal shock waves should be assessed in this study.

Methodology: In a prospective, randomized, blind study, 85 patients were treated with the new shock wave device Swiss Dolor-Clast (EMS Electro Medical Systems, Switzerland). Placebo treatment was done on 21 patients suffering from heel spur and 15 patients with tennis elbow and a follow-up took place after 1 and 4 weeks. 34 patients suffering from heel spur and 15 with tennis elbow underwent verum treatments in three sessions in weekly intervals. 2000 radial shock waves were applied at each session. Follow-up examinations took place before each treatment and at intervals of 1, 4 and 12 weeks after the last ESWT treatment. The pain level was registered on a visual analogue scale.

Results: After the placebo treatment, no significant improvement was found in either group ($p > 0.05$). After the first treatment in the verum group, pain intensity was determined as significantly lower ($p < 0.05$) and continued to decrease successively ($p < 0.001$) after follow-up treatment. One month after the final treatment 40% of the patients with tennis elbow and 56% of the patients with heel spur were free of pain.

Conclusion: Radial extracorporeal shock wave therapy can definitely be considered as a relevant alternative treatment particularly for the chronic pain syndromes examined in this study.