

37. Our Experience with Shockwave Therapy

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Device and producing company: OrthoGold 280 (USA) / Orthowave 280c (Outside USA), Tissue Regeneration Technologies (TRT), USA (manufactured by MTS Europe GmbH, Germany)

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Introduction: We studied the application of high energy shockwaves as an alternative to other treatments, using shockwaves as complementary treatment when orthopaedic and surgical treatments have failed in traumatology.

Methods: The patients were divided into different groups according to their pathology: (i) bone pathologies and (ii) insertion tendinopathies with or without calcifications. As we are dealing with patients in the labour sector, this implies typical characteristics, especially with regard to being refractory concerning pain.

Results: We achieved bony healing in 99% of patients who had had non-unions for up to two years and 90% in pseudoarthrosis of more than two years duration. We achieved 100% improvement in patients with delayed healing fractures and calcifications. ESWT was successful in 60% of patients with insertion tendinopathies.

Discussion: We treated patients in no more than 4 sessions, one every two weeks, when the application was done under anaesthesia; and we treated patients with eight sessions, one per week, when the application was done without anesthesia.

Conclusion: For our institution, high energy shockwave therapy is the treatment of choice in delayed healing fractures and pseudoarthroses of less than two years duration; ESWT is used in established pseudoarthroses (older than two years) and in patients with calcifications. It also can be used as a first attempt to treat insertion tendinopathies.