

ESWT in Pain Management

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Introduction

Extracorporeal shock wave therapy (ESWT) have used in Orthopaedics and Traumatology to treat several diseases. The idea of the shock wave therapy for orthopaedic diseases is the stimulation of healing processes in tendons, surrounding tissue and bones. ESWT has become a frequently used treatment in various indications, many devices have been developed. Indications are listed, but various clinical uses are being tried. In this presentation, we will report some clinical applications.

Material & Method

We used ESWT for the following diseases, pseudoarthrosis after femoral neck fracture treated with open reduction, lumbar spondylolisthesis, 5th metatarsal stress fractures in athletes, knee osteoarthritis, thumb carpometacarpal (CM) osteoarthritis, and so on.

Results

Early control of pain was achieved in cases in which pseudoarthrosis was controlled. The indication for osteoarthritis was considered very effective. ESWT for stress fractures has been very effective for competitive athletes.

Discussion

ESWT can promote bone healing. Early bone healing will accelerate patients return to society. It also heals non-union fractures. It controls fatigue fractures, and athletes can continue playing without surgery. It also promotes the restoration of soft tissue. It can be used to control inflammation. We believe that pain control with ESWT will benefit patients.

Technology: Focused Shockwave

Device and Manufacturer: Duolith SD1 (STORZ MEDICAL AG: Switzerland)

COI: No conflict of interest