

Extracorporeal shock wave therapy for pitching disorders

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Shoulder and elbow disorders occur with high frequency in baseball players, forcing them to withdraw from competition. In order to return to competition as soon as possible, immediate pain relief is necessary. In addition, surgery is necessary to cure the damage as it progresses, but surgery requires a reasonable amount of time before the patient can return to play, so emergency measures during the season are also necessary. External shock wave therapy is a promising treatment tool that can respond to such needs, as it can be expected to promote tissue repair as well as early pain relief.

Focused shock wave therapy is highly effective for localized lesions, bone lesions, and neuropathy, and good indications include ulnar collateral ligament injuries, olecranon fatigue fractures or delayed closure of the olecranon epiphysis, osteochondritis dissecans of the capitellum, first rib fatigue fractures, biceps long head tendonitis, cubital tunnel syndrome, thoracic outlet syndrome, and quadrilateral syndrome. Radial pressure wave therapy is highly effective for widespread lesions, muscle strain, and muscle tightness, and is therefore indicated for posterior shoulder tightness, forearm pronator-flexor muscle tightness, and muscle strain of the latissimus dorsi and rotator cuff muscles.

We would like to introduce the practice and effectiveness of our treatment by showing some representative cases.

Technology: Focused shock wave & Radial power wave

Device and Manufacturer: Duolith SD1 (STORZ MEDICAL AG: Switzerland), Masterpulse MP100 (STORZ MEDICAL AG: Switzerland)

COI: No conflict of interest