

*Sportcongres der Kempen*  
*Mini-battle*  
**ESWT: contra**

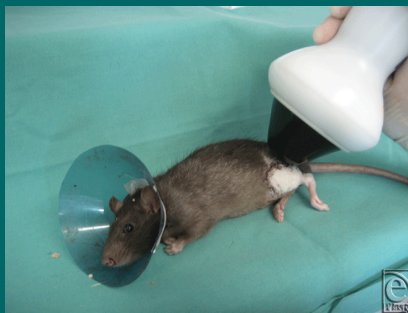
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## ESWT



## ESWT



## ESWT: 1 yr literature Medline

- Urology
- Calcifying Tendonitis Shoulder
- Achilles Tendonitis
- Patellar Tendon thickness after Tibial Osteotomy, Kienböcks Disease
- Avascular Necrosis, Delayed Union MT##, Pillar Pain after CT release
- Vascular Surgery: Walking ability in patients with peripheral arterial disease (claudicatio)
- Dermatology / Vascular: Venous Ulcers ; Burn Scars; Wound Healing in Diabetics
- Cardiac: Angor Pectoris
- Plastic Surgery: Muscle Flaps
- **Penile erectile function**
- Calcific Pancreatitis
- ENT: improved hearing
- Chronic Pelvic Pain Syndrome
- Trigger Point R/ + ESWT in Musicians with chronic neck pain

## ESWT



## SHOULDER

- 9 Randomised controlled trials, min FU 6/12.
- Consistent evidence of midterm effectiveness of ESWT in reducing pain and improving shoulder function
- **“Common methodologic flaws”:** insufficient blinding;
- **different outcome measures;**
- **“limitations with current body of evidence”;**
- **“inadequate reporting details clinical studies”;**
- **“lack of FU > 1 yr”**

**Lee et al.**

The midterm effectiveness of ESWT in the management of chronic calcific shoulder tendonitis.  
 J Shoulder Elbow Surg, 2011 20-5.

## SHOULDER

- Meta-analysis 14 studies
- Primary end point: pain & function
- Secondary end point: deposit resorption
- “ESWT is effective in pain relief, function restoration and deposit resorption. **However, these conclusions are susceptible to bias arising from the limitations of the included studies.**”

**Vavken P et al.**

Focused ESWT in calcifying tendinitis of the shoulder: a meta-analysis  
Sports Health, 2009 1-2.

## ELBOW

- Systematic review.
- 9 placebo-controlled trials and 1 trial ESWT vs steroid injection
- Platinum evidence: **ESWT NO BENEFIT**
- Silver evidence: steroid injection more effective than ESWT

**Buchbinder R et al.**

Systematic review of efficacy & safety of SWT for lateral elbow pain.  
J Rheumatology, 2006, 33-7.

## FOOT

- “Literature review unveiled discrepancy and controversy on the effect of ESWT on proximal plantar fasciitis.”
- “Many factors can influence the effects of ESWT in the treatment of proximal plantar fasciitis. Additional studies are needed to validate the effectiveness of ESWT in the treatment ...”

**Ching-Jen Wang**

Systematic review of efficacy & safety of SWT for lateral elbow pain.  
J Orthop Surg Res. 2012 7-11

Dank u

