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**EFFICACY OF RADIAL SHOCK WAVE THERAPY IN  
THE CHRONIC PATELLAR TENDONITIS**

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Since the beginning of this year 1999 we gathered experience with the application of radial extracorporeal shock waves of varying intensity in chronic orthopedic diseases. A controlled study was performed in sportive patients suffering of chronic patellar tendonitis (jumpers knee) since more than six months, who unanimously reported severe pain symptoms. All the previous and usual treatments had demonstrated a lack of efficiency.

Admission criteria for this study were:

- Complaints lasting more than 6 months
- At least two unsuccessfully completed conventional therapies
- Age between 18 and 55

Patients were treated in a maximum of 7 sessions. 2000 impulses were applied per session at the frequency of 4 Hz. The energy flow density during treatment was progressive from 2 to 3.8 bar in function of the improvement of the pain. Follow-up examinations took place 4 and 8 weeks after final treatment session.

Subjective improvement was observed in 80% of the 45 treated patients with this new system and each of them could again take part in their physical activities without limit and pain. In 5 patients no improvement could be demonstrated and a severe pain was always reported.

The authors consider that :

- this new device seems to be useful for the treatment of chronic orthopedic diseases;
- more investigations are necessary to improve the knowledge about application of this therapy, especially concerning the possible side effects.