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Title	BALLISTIC SHOCK WAVE THERAPY FOR THE TREATMENT OF SPORTS MEDICINE RELEVANT DISEASES		
Abstract	<p>Purpose of the study We developed a new ballistic device (Swiss DolorClast, EMS) for the treatment of tendopathies by unfocussed shock waves which was tested in a prospective, randomized, placebo-controlled study for tennis elbow and calcaneal spur. Here we present the results of treatments with this device in various diseases in sportswomen and -men.</p> <p>Material and methods More than 100 sportswomen and -men as well as patients with extreme (local) physical stress were treated on the following indications: chronic persistent pain at the adductors' insertion, patella tip and achilles tendon as well as long-lasting (more 6 months) postoperative pain after surgery of the crucial ligament or patella tendon. Some of these patients had conventional extracorporeal shock wave treatment without success before. Ballistic, unfocussed shock waves were locally applied without anaesthesia. The treatment was repeated up to 3 times with an interval of 2 to 4 weeks.</p> <p>Results Intracutaneous, petechial bleedings and local swellings were the only temporary side effects; no clinical relevant or irreversible side effects were observed.</p> <p>Treatment success was related to the various indications: half of the patients treated at the achilles tendon by ballistic shock waves is painfree and continue to work and to do sport; the success rate of the ballistic extracorporeal shock wave therapy at the ligament patellae and at the adductors' insertion is 70%, respectively 80%.</p> <p>Conclusions Unfocussed, ballistic shock waves show first promising results for other sports medicine relevant indications than the well-known, successful therapy of tendopathies such as tennis elbow and calcaneal spur.</p>		

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