

D-059 Prospective, Multicentric and Placebo- Controlled Study on Shockwave Treatment of Tennis Elbow

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Extracorporeal shockwave therapy is applied as an efficient alternative to operative therapy for tennis elbow. This therapy has been a subject of discussion as far as costs, availability and claims for reimbursement are concerned. In cooperation with the EMS Electro Medical Systems (Switzerland) an entirely new device for radial shockwave therapy was developed – the Swiss DolorClast®. Within the scope of a prospective, randomised, multicentric and single-blind study, 100 patients with a case history lasting over 6 months, with at least two unsuccessful attempts of conservative therapy and evident indication for operative therapy were admitted. At the initial examination, patients underwent a detailed case history and physical examination. One to three treatments were performed. Follow-up examinations took place after 1, 4 and 12 weeks involving detailed physical examination, functional tests and self-assessment of the patients themselves. In the placebo group, good and satisfying results were achieved with 40, 46 and 44% after 1, 4 and 12 weeks; in the verum group, these values were 50, 86 and 100%. After 12 weeks radial extracorporeal shockwave therapy achieved results equivalent to those obtained through conventional shockwave therapy and operations. The technique is non-invasive and considerably less expensive.