



Shock Wave Therapy (ESWT)

Since the eighties, shock waves are used in urology to crush calcareous stones. In the nineties, the so-called shock wave therapy was also introduced in orthopedics to treat calcifying tendinitis and also bad healing bone fractures.

The ESWT treatment should be used for the following diseases:

- **Tennis elbow**
- **Calcifying tendinitis of the shoulder**
- **Calcaneal spur (sole of the foot or attachment of the Achilles tendon)**
- **Patella tip syndrome (overstressing of the patella tip)**
- **Achillodynia (thickening of the Achilles tendon)**
- **Tibia edge syndrome**
- **Bursitis trochanterica (enthesitis at the greater trochanter of the femur)**

Shock waves are short acoustic impulses of high energy, which are applied through the skin to chronic irritations on ligament and tendon attachments near the bone. The successful application of the shock waves' energy in orthopedic syndromes depends on the energetic spectrum, the deviation or absorption by neighboring bony structures. It is possible to dose the shock wave energy from low to high energetic so that hematomas can be avoided and it is not necessary to anesthetize the patient.

Usually, three sessions are necessary, each lasting approx. 10 to 15 minutes. Already after the first session the patient feels noticeable pain relief. Until now, there have not been any complications.