

## D-066 Radial Shockwave Therapy Amongst Professional Athletes

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**The Situation:** Over the past few years extracorporeal shockwaves have been increasingly used for pseudarthrosis and shoulder tendinopathies. We developed an entirely new and easily manageable device for radial extracorporeal shockwave therapy (Swiss Dolor-Clast®) and tested it in a prospective, randomized, multi-centric study. This abstract contains information concerning the further application of this device on professional athletes.

**Methodology:** More than 100 professional athletes with chronic recurrent complaints such as adductor pains, patella tip and achillobodynia were treated with radial shockwaves. Additionally, post-operative, more than 1 year persisting pains following anterior crucial ligament and achilles tendon operations were treated. Part of the patients had undergone conventional ESWT without success. In general, radial shockwave application took place without anaesthesia and was repeated up to three times in intervals of 2 – 5 weeks.

**Results:** Noticeable side-effects were minor bleeding and local swelling. Clinically relevant or irreversible side-effects were not detected. The success rate depended greatly on the indication: more than half the patients requiring treatment for achillobodynia were almost fully able to continue both professional and sports activities; for those treated for adductor pains and lig. patellae the success rate was 70 to 80%.

**Conclusion:** Observations on the application of radial shockwave therapy on over 100 patients have shown its great potential and it should definitely be considered for a prospective and randomized study in this particular field.