

Testimonial in Ukraine: Extracorporeal shock-wave therapy in an ambulatory orthopedic practice

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The Clinic of esthetic orthopedics is situated in one of the biggest cities of Ukraine - Kharkov. The clinic is private and specialized in conservative methods of orthopedic pathology treatment.

The Clinic has interesting results about: treatment of legs of different length; early emergence and prevention of scoliotic postures, cyphosis, scoliosis, using topographic diagnostics (new technology); treatment of foot diseases (including production of individual insoles); complex conservative treatment of varicose (using laser technologies).

In December 2004 they bought their first ESWT Masterpuls MP100 unit, in May 2005 they got a the second one from Medimex-Ukraine.

In this short testimonial, they want to present the results of their work with this equipment. From December 2004 till September 2005 they have treated 1349 patients with different pain syndromes, on which ESWT was applied.

The structure of pain syndromes was as follows:

- pain in shoulder (including calcified tendonitis of shoulder) – 134 patients;
- epicondilitis – 25;

- spondyloarthrosis of sciatica - 181;
- trochanteritis - 12;
- osteoarthrosis of hip joint - 206;
- osteoarthrosis of knee joint - 502;
- knee tendopathy - 51;
- arthrosis of ankle joint – 30;
- plantar fasciitis (heel spurs) - 103;
- achillodinia - 18
- stiffness (rigidity) of 1st finger of foot - 87.

The patients were treated in 3-5 ESWT sessions with intervals of 7-12 days. During the session 2000-3000 shocks with different frequencies and pressure from 1,5 to 4 bar were given.

The application of ESWT in combination with

orthopedic tools lead to noticeable or total pain reducing of 74,13% patients.

Other patients noticed less decrease of pain intensity after the ESWT sessions.

To improve of the treatment results in this group, the doctors applied medications, physiotherapy and orthopedic tools that lead to a positive effect.

Only 0.52% of patients had a positive effect from the treatment procedures:

- 1 patient with plantar fasciitis;
- 1 patient with tendonitis of shoulder;
- 2 patients with hip osteoarthrosis;
- 3 patients with knee osteoarthrosis.

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The big difficulty is treating patients with degenerative gonarthrosis (502 patients). This patient group consisted of elderly people (55 years and older) and the basic complaints were related to intensive pain during and after walking, annoying pain during the rest period, acute pain from angular movement at night.

Clinically, in spite of general signs of degenerative osteoarthritis (changing of joint configuration, pain along joint fissure), the patients had deformations of lower limbs (varus, valgus) and contractures (flexion and extension).

Those patients were treated in 3-4 sessions of ESWT with 2500-3000 shocks and intensity of 2-3,5 bar with interval of 10-14 days. For knee treatments the therapists used standard applicator of 15 mm diameter and also acupuncture treatment was applied on bioactive points in the area of sacrum, hip, knee and foot using applicator for AcuST (6 mm).



For patients with initial stages of degenerative gonarthrosis and short (less than 2 years) anamnesis of pain syndrome the application of ESWT gave a possibility of reducing the pain with a remission period for more than 8 months.

Less significant results were getting from the treatment of patients with degenerative gonarthrosis on severe stages. However, all patients noticed significant reduced pain.

The positive effects of ESWT were observed in decreasing of pain sensation, increasing of amplitude of movements in knee

joint (especially in flexion), in the possibility of walking longer, better sleep (because of absence of night pain), decreasing of taking medication.

It has to be said that almost all patients had a decrease of foot and knee edemas, and after the second session patients noticed the decreasing or disappearing of "crump" in knee joints.

As the doctors expected, they saw that after ESWT the pain was getting acute on the second or third day after the treatment. But after the third or fourth session, there was no progress of acute conditions. The analysis of results showed, that for patients with severe forms of gonarthrosis in combination with varus deformations of knee and flexion deficit of knee joint, the treatment effect of application ESWT was less effective than for patients with normal axial interrelations or others deformations.

The therapists consider that the application of ESWT for treating severe stages of arthrosis of major joints is required for equipment with deeper penetration of shock wave.

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