

Swiss DolorClast Method successfully treats → osteoarthritis

INTRO

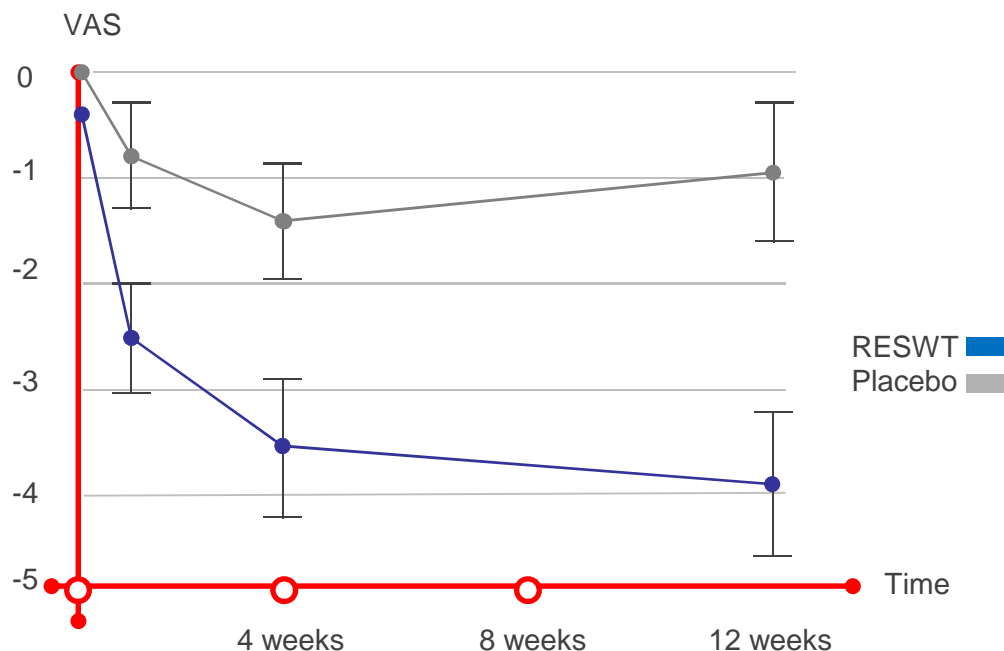
Title: Efficacy of extracorporeal shockwave therapy for knee **osteoarthritis**: a randomized controlled trial.

Authors: Zhao Z, Jing R, Shi Z, Zhao B, Ai Q, Xing G

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CONCLUSIONS

- In the intent-to-treat population, both groups showed reduced pain on movement after the intervention, with greater decrease in pain with ESWT than that with placebo in each period ($p < 0.01$).
- Patients were able to resume most of their daily or working activities



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PROTOCOL

Indication	Knee osteoarthritis (Kellgren and Lawrence grade II or III; pain for > 3 months)
RESWT Treatment 34 patients	<ul style="list-style-type: none"> • Device: Swiss DolorClast, „Power“ (red) handpiece, 15-mm applicator (Electro Medical Systems, Nyon, Switzerland) • Number of rESWT sessions: 4 • Interval between rESWT sessions: 1 week • Number of extracorporeal shock waves (rESW) per session: 4,000 (applied at 6 Hz) • Energy flux density: EFD+ = 0.25 mJ/mm² (3 bar air pressure) • No local anaesthesia
Control Group : Placebo 36 patients	As described above for the patients in the rESWT group, but with a placebo handpiece in which the projectile was blocked within the guiding tube such that the projectile could not strike the applicator and, thus, no rESW were generated
Time point of examination	<ul style="list-style-type: none"> • At baseline • 1 week after baseline • 4 weeks after baseline • 12 weeks after baseline
Primary endpoint	Patients in both groups rated the severity of their pain on a Visual Analog Scale (VAS) of 0 (no pain) to 10 (unbearable pain) before the first treatment (baseline) as well as after 1, 4 and 12 weeks.