

## **Chronic Calcifying Tendinitis of the Shoulder. Preliminary Results with ESWT.**

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To evaluate the effect of ESWT on calcifying tendinitis of the rotator cuff, we treated 36 shoulders in 35 consecutive patients using Dornier Compact Alpha and Orthospec Devices. Initial experience from December 1999 to May 2002 included 20 shoulders (12 women, 7 men, average age 52 y.o., Garnier 1, median follow up: 22 months). Dornier protocol included 1 session of 2500 impacts/0,28mJ/mm<sup>2</sup> and 3 cases (15%) resolved importantly during the first 4 weeks being complete at mean 10 weeks after ESWT, not receiving more treatment.

Fourteen patients received, one month later, a second Dornier treatment session (2500 impacts / 0,4mJ/mm<sup>2</sup>) and eleven patients (55%) resolved completely and 3 patients not (15%). Three patients decided to receive the second session in Orthospec Device (2500 impacts/0,33mJ/mm<sup>2</sup>), with two resolutions (10%) and one failure (5%). One case underwent two arthroscopic failed procedures to remove the calcium deposit and the other 19 cases did not report previous surgery. The mean UCLA score before treatment 15 points increased to 28 points after treatment at fourth month in those 16 cases (80%) that showed resolution of their complaints and calcification on that time. No other treatments were indicated than NSAID for pain-after-ESWT control. No complications were reported at 6 month control for all this group.

The Orthospec experience since March 2002 to October 2002, included 16 patients and shoulders (5 men, 11 women, average age 50 y.o., 15 Garnier-1 and one Garnier-3, median follow-up: 3 months). Orthospec protocols included one treatment session (2500 impacts / 0,33mJ/mm<sup>2</sup>) and the results shown in 14 cases (88%) reabsorption and two patients (12%) were failures. The mean UCLA score before treatment 15 points increased to 29 points after treatment at 11 weeks in those 14 patients (88%) that showed important resolution of both complaints and calcification. Only NSAID were indicated after ESWT. There were no device-related complications immediately after treatment or reported during a 3-month period after treatment. Independent statistical analysis was done for the entire series and divided for groups of technical devices.