

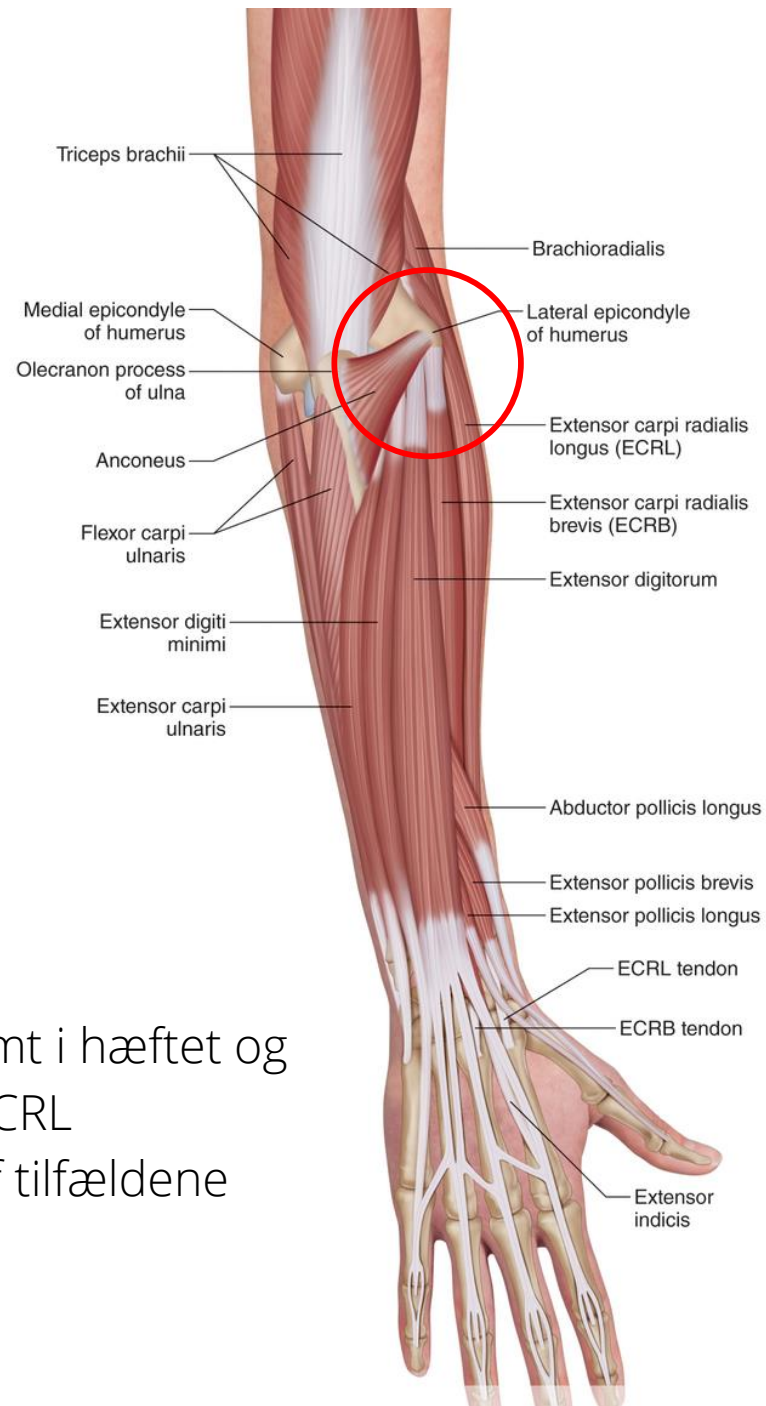
Lateral Epikondylit Tennis albue



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Kiropraktorerne Valby

Årsmøde 24/9/23



Hyppigst er ECRB ramt i hæftet og dernæst ECRL
Tennis kun 10% af tilfældene

SØGESTRENG

extracorporeal shock wave therapy AND lateral epicondylitis

141 hits




1995-2022

Udvalgt systematiske reviews og meta-analyser 10år tilbage

RSW & FSW

Review

Extracorporeal Shockwave Therapy Treatment in Upper Limb Diseases: A Systematic Review

Gianluca Testa , Andrea Vescio *, Stefano Perez, Alberto Consoli, Luciano Costarella, Giuseppe Sessa and Vito Pavone 

Effekt af ESWT men ikke bedre end andre
modliteter

Effectiveness of extracorporeal shock wave therapy in patients with tennis elbow

A meta-analysis of randomized controlled trials

Chenxiao Zheng, MD^{a,*}, Dongjie Zeng, MSc^b, Jiyi Chen, MSc^{a,*}, Sijing Liu, MSc^{c,*}, Jianyi Li, MSc^d, Zhaohai Ruan, MSc^a, Wusheng Liang, MSc^a

50% effekt men mener stadig det er bedre end
injektion

Review Article

Efficacy of Extracorporeal Shock Wave Therapy for Lateral Epicondylitis: A Systematic Review and Meta-Analysis

Gaowen Yao,¹ Jing Chen,² Yanji Duan,¹ and Xiao Chen ¹

Studier fra 1996-2018 - konkluderer at der er
effekt og bedre end injektion og skal overvejes
inden

A comparative study of the efficacy of ultrasonics and extracorporeal shock wave in the treatment of tennis elbow: a meta-analysis of randomized controlled trials

Chenchen Yan¹, Yuan Xiong¹, Lang Chen¹, Yori Endo², Liangcong Hu¹, Mengfei Liu¹, Jing Liu¹, Hang Xue¹, Abudula Abududillibaier¹, Bobin Mi^{1*} and Guohui Liu^{1*}

Bedre på smerte end ultralyd efter 1 og 3 m.

Proloterapi

Prolotherapy vs Radial Extracorporeal Shock Wave Therapy in the Short-term Treatment of Lateral Epicondylitis: A Randomized Clinical Trial

Tannaz Ahadi, MD,* Maryam Esmaeili Jamkarani, MD,† Gholam Reza Raissi, MD,* Korosh Mansoori, MD,‡ Seyede Zahra Emami Razavi, MD,‡ and Simin Sajadi, MD†

3 x rESWT 10Hz 1.5bar var bedre end én omgang PrP (50% reduktion)

Kirurgi vs ESWT

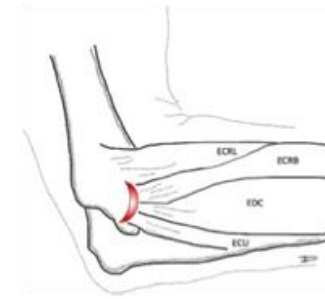


Fig. 1. Drawing of the surgical technique with a circular incision through the skin and similar circular release of the common tendinous insertion on the lateral epicondyle of the humerus. ECRB: extensor carpi radialis brevis; ECRP: extensor carpi radialis longus; EDC: extensor digitorum communis; ECU: extensor carpi ulnaris.

scientific proof in favor of a specific treatment whatsoever [3]. Today, scientific evidence to support any significant added value of either nonsurgical treatment or surgery over no treatment



Fig. 2. ESWT for lateral elbow tendinopathy.

57% bedre i ESWT og 76% bedre i kirurgi men ikke significant

Comparison the Effect of Extra Corporeal Shockwave Therapy with Low Dosage Versus High Dosage in Treatment of the Patients with Lateral Epicondylitis

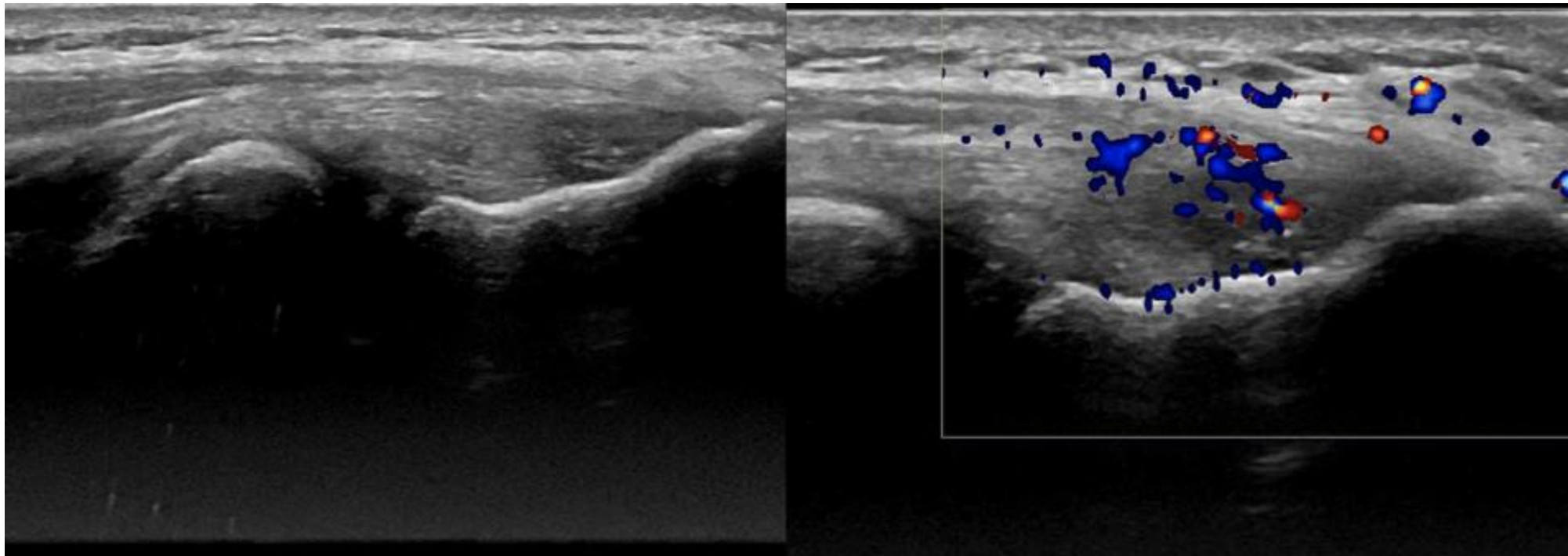
H-dose 0.25mj/mm2 1000skud 1xpr uge i 3u

L-dose 0.10mj/mm2 1000skud 1xpr uge i 3u

Bedre outcome for L-dose

Variable	Group time	Low dosage	High dosage	P
Main complain (pain severity)	Before treatment	6.25±1.65	6.25±1.52	0.001
	One week later	1.65±1.54	4.15±1.79	
	Three months later	1.4±1.54	2.45±1.99	

ULTRALYD



Vigtig for præcision og resultat

Applikation



PROTOKOL



ESWT

Vurdering af forløb ifht scanning og anamnese

Fokus afhænger af dybde.

fESWT/rESWT

Dosis: **0.06-0.12mj/mm² / 1.6-2.4bar**

1500-2000skud/behandling

Frekvens: ? **højeste muligt**

Behandlinger: **3-6+**

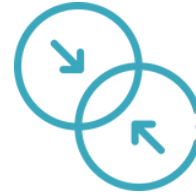
[Bar til mj/mm²](#)

shockwavetherapy.education/index.php/theory/types-of-shockwave
<http://shockwavefored.blogspot.com/2019/03/more-on-strength-settings-bars-mj-and.html>

ØVRIGE TILTAG



Laser/ultralyd



Kombinationer



Akupunktur/DN



Blokade



Kinesiotaping



Kirurgi



Træning

DIFFERENTIAL
DIAGNOSER

Indeklemnings syndromer

CERVIKALT RODTRYK

**Distortion af
ligamenter**

Osteocondrit

ARTRIT

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**Tak for
opmærksomheden**
