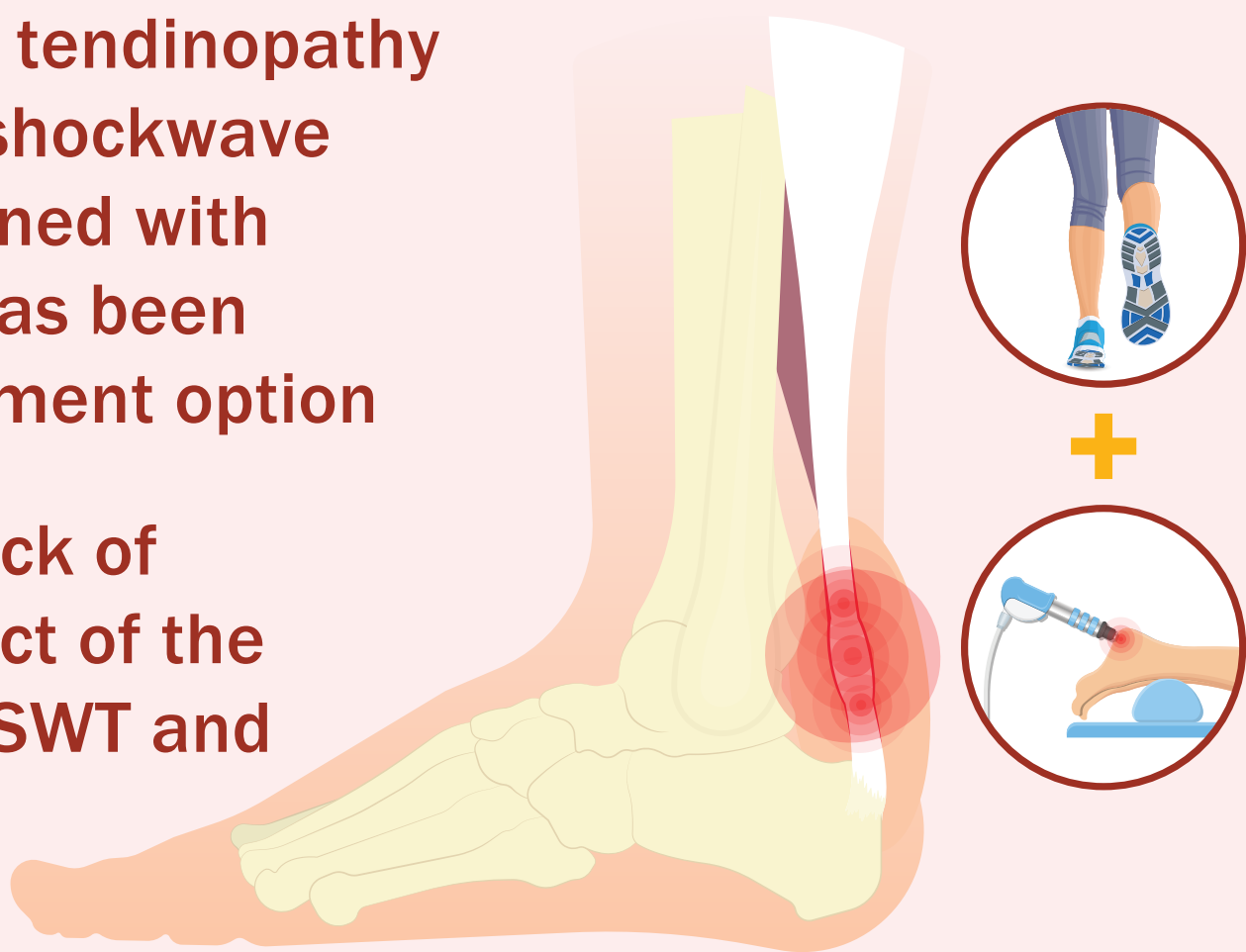


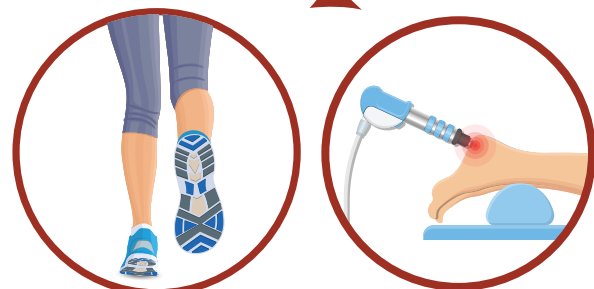
Association between Shockwave Therapy and Eccentric Exercises in Treatment of Achilles Insertional Tendinopathy

In Achilles insertional tendinopathy (AIT), extracorporeal shockwave therapy (SWT), combined with eccentric exercises, has been considered as a treatment option

However, there is a lack of evidence on the impact of the association between SWT and eccentric exercises in improving outcomes



119 patients with AIT



Eccentric exercises with SWT



Eccentric exercises with sham SWT (control)

Primary outcome measured




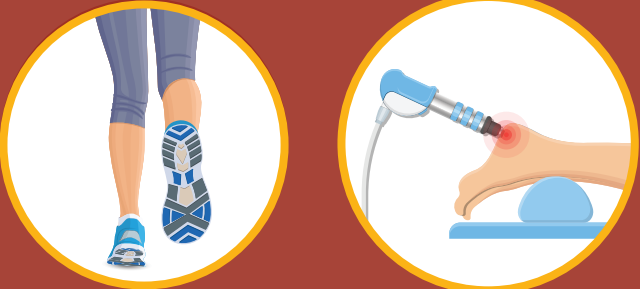
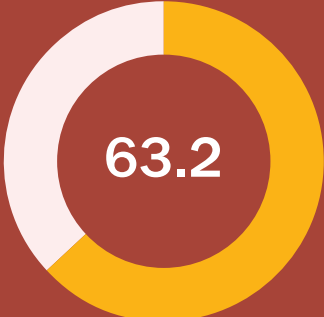
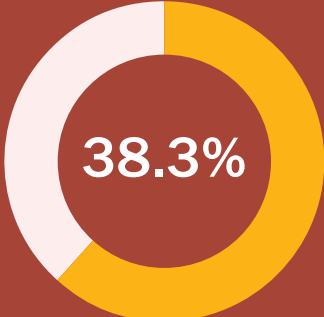
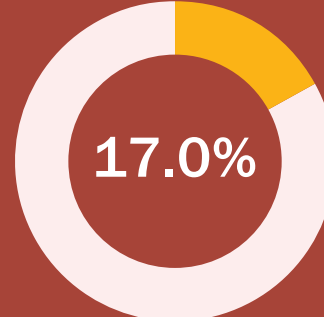


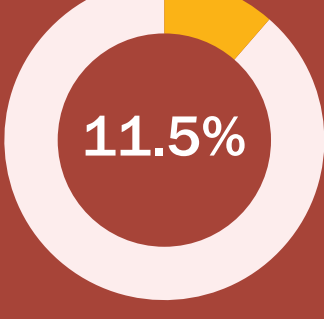
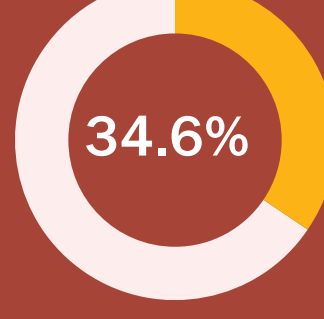
- Victorian Institute of Sport Assessment-Achilles (VISA-A) questionnaire



Both groups showed significant improvement in function during study period



At 24 weeks....

	 Mean VISA-A*	 Rate of failure	 Rate of recurrence
 SWT (n = 58)	 63.2	 38.3%	 17.0%
 Control (n = 61)	 62.3	 11.5%	 34.6%

* higher scores = better outcomes



Extracorporeal shockwave therapy does not potentiate the effects of eccentric strengthening in the management of Achilles insertional tendinopathy

Shockwave Therapy Plus Eccentric Exercises Versus Isolated Eccentric Exercises for Achilles Insertional Tendinopathy: A Double-Blinded Randomized Clinical Trial

Mansur et al (2021) | DOI: 10.2106/JBJS.20.01826

www.jbjs.org |  theJBJS |  @JBJS

