Shockwave treatment for medial tibial stress syndrome in athletes; a prospective controlled study

M H Moen1, S Rayer2, M Schipper2, S Schmikli1, A Weir3, J L Tol3, F J G Backx3

Correspondence to Dr M H Moen, Rehabilitation and Sports Medicine Department, University Medical Center Utrecht, Heidelberglaan 100, 3508 CX Utrecht, The Netherlands; m.moen@umcutrecht.nl

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Abstract

Objective The purpose of this study was to describe the results of two treatment regimens for medial tibial stress syndrome (MTSS); a graded running programme and the same running programme with additional shockwave therapy (extracorporeal shockwave therapy; ESWT).

Design A prospective observational controlled trial.

Setting Two different sports medicine departments.

Participants 42 athletes with MTSS were included.

Intervention Patients from one hospital were treated with a graded running programme, while patients from the other hospital were treated with the same graded running programme and focused ESWT (five sessions in 9 weeks).

Main Outcome Measures Time to full recovery (the endpoint was being able to run 18 min consecutively without pain at a fixed intensity).

Results The time to full recovery was significantly faster in the ESWT group compared with the patients who only performed a graded running programme, respectively 59.7±25.8 and 91.6±43.0 days (p=0.008).

Conclusions This prospective observational study showed that MTSS patients may benefit from ESWT in addition to a graded running programme. ESWT as an additional treatment warrants further investigation in a prospective controlled trial with the addition of randomisation and double blinding.

Link met nederlandse tekst:

www.ucssportgeneeskunde.nl/onderzoeksprojecten/mtss.html