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Effects of shock wave therapy on pain in patients with lateral epicondylitis

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Repetitive work or sports activities can cause lateral epicondylitis, causing pain, edema and consequent functional reduction. Shockwave therapy is a non-invasive treatment that consists of using shockwaves in musculoskeletal areas in order to reduce pain and promote soft tissue healing. Identify the effects of shockwave therapy in patients with lateral epicondylitis. Through a systematic review of the literature, randomized clinical trials published among 2002 and 2012, according to the highest score on the PEDro score. The search involved the PEDro and PubMed databases. Six randomized clinical trials with a PEDro score between 7 and 9/10 were selected. In all studies, shockwave therapy was compared to placebo. In 2 studies there was pain reduction, but the other 4 studies showed no significant difference. Shockwave therapy is a relatively new and non-invasive therapeutic procedure, however, it does not provide superior results compared to classic physical therapies in the selected studies.

Keyword: *Lateral epicondylitis*, lateral epicondylitis shock wave.

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