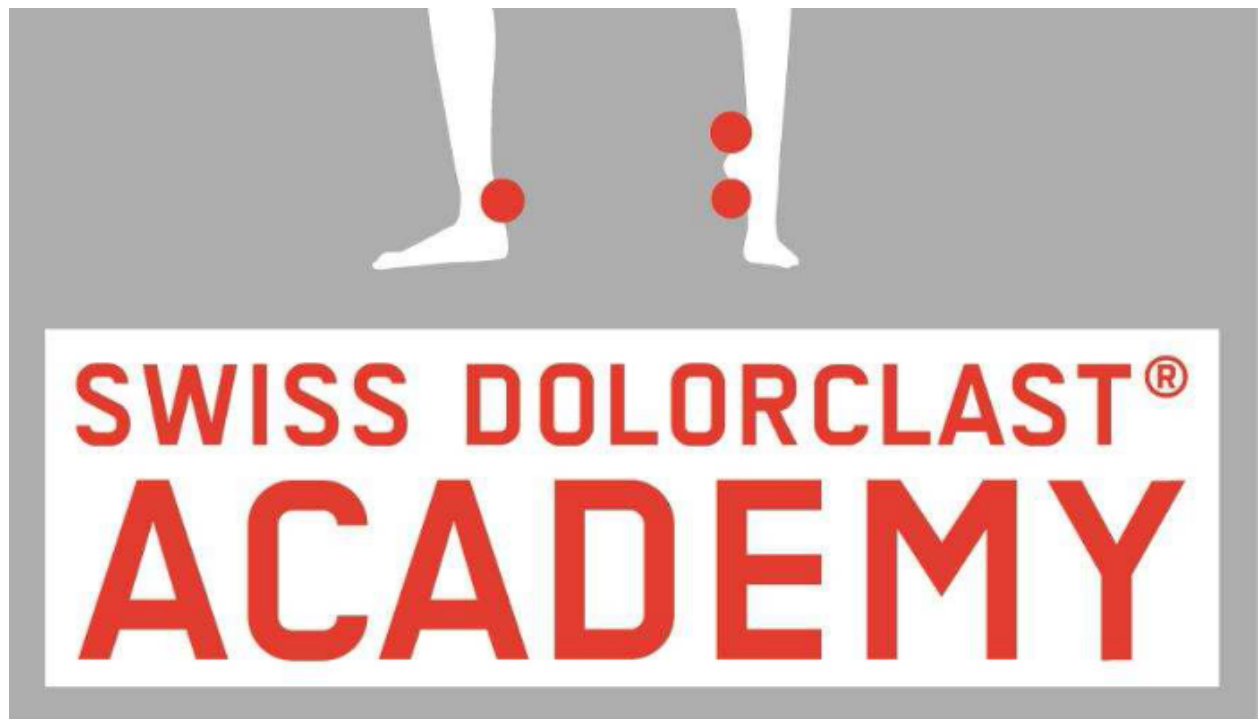


# EMMS<sup>+</sup>

## TREATMENT PROTOCOL GUIDE



# CALCIFYING TENDINITIS OF THE SHOULDER

## TREATMENT PROTOCOL

Number of treatment sessions 3 to 5

Interval between two sessions 1 week

Air pressure Evo Blue® 2 to 4 bar

Air pressure Power+ 1.5 to 3 bar

Impulses 2000 on the painful spot

Frequency 8Hz to 12Hz

Applicator 15mm

Skin pressure Heavy

<https://www.ncbi.nlm.nih.gov/m/pubmed/28586628/>

# CHRONIC DISTAL BICEPS TENDINOPATHY

## TREATMENT PROTOCOL

Number of treatment sessions 3 to 5

Interval between two sessions 1 week

Air pressure Evo Blue® 2 to 4 bar

2 to 4 bar 1.5 to 3 bar

Impulses 2,000 on the painful spot

Frequency 8Hz to 12Hz

Applicator 15 mm

Skin pressure Moderate to Heavy

<https://www.ncbi.nlm.nih.gov/pubmed/27893487/>

# CHRONIC PROXIMAL HAMSTRING TENDINOPATHY

## TREATMENT PROTOCOL

Number of treatment sessions 3 to 5

Interval between two sessions 1 week

Air pressure Evo Blue® 2 to 4 bar

Air pressure Power+ 1.5 to 3 bar

Impulses 2,500 on the painful spot

Frequency 8Hz to 12Hz

Applicator 15 mm

Skin pressure Moderate to heavy

<https://www.ncbi.nlm.nih.gov/pubmed/20855554>

# GREATER TROCHANTERIC PAIN SYNDROME

## TREATMENT PROTOCOL

Number of treatment sessions 3 to 5

Interval between two sessions 1 week 1 week

Air pressure Evo Blue® 3 to 4 bar 3 to 4 bar

Air pressure Power+ 2.5 to 4 bar 2 to 4 bar

Impulses 2000 on the painful spot 2000

Frequency 8Hz to 12Hz 12Hz to 20Hz

Applicator 15mm 36mm

Skin pressure Moderate to Heavy Moderate to Heavy

<https://www.ncbi.nlm.nih.gov/pubmed/19439758>

<https://www.ncbi.nlm.nih.gov/pubmed/19439756>

# INSERTIONAL ACHILLES TENDINOPATHY

## TREATMENT PROTOCOL

Number of treatment sessions 3 to 5 3 to 5

Interval between two sessions 1 week 1 week

Air pressure Evo Blue® 2 to 4 bar 3 to 4 bar

Air pressure Power+ 1.5 to 3 bar 2 to 4 bar

Impulses 2000 on the painful spot 2000

Frequency 8Hz to 12Hz 12Hz to 20Hz

Applicator 15mm 36mm

Skin pressure Moderate 3 sides of the tendon Moderate to high

[https://www.ncbi.nlm.nih.gov/pubmed/18171957?ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_DefaultReportPanel.Pubmed\\_RVDocSum](https://www.ncbi.nlm.nih.gov/pubmed/18171957?ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum)

# MEDIAL TIBIAL STRESS SYNDROME

## TREATMENT PROTOCOL

Number of treatment sessions 3 to 5

Interval between two sessions 1 week

Air pressure Evo Blue® 2.5 to 4 bar

Air pressure Power+ 2 to 4 bar

Impulses 2000 - 3000 on the painful spot

Frequency 8Hz to 12Hz

Applicator 15mm

Skin pressure Light to moderate

<https://www.ncbi.nlm.nih.gov/pubmed/19776340>

# MID-BODY ACHILLES TENDINOPATHY

## TREATMENT PROTOCOL

Number of treatment sessions 3 to 5 3 to 5

Interval between two sessions 1 week 1 week

Air pressure Evo Blue® 2 to 4 bar 2 to 4 bar

Air pressure Power+ 1.5 to 3 bar 2 to 4 bar

Impulses 2000 on the painful spot 2000

Frequency 8Hz to 12Hz 12Hz to 20Hz

Applicator 15mm 36mm

Skin pressure Moderate 3 sides of the tendon Moderate to heavy

<https://www.ncbi.nlm.nih.gov/pubmed/19088057>

[https://www.ncbi.nlm.nih.gov/pubmed/17244902?ordinalpos=7&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_DefaultReportPanel.Pubmed\\_RVDocSum](https://www.ncbi.nlm.nih.gov/pubmed/17244902?ordinalpos=7&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum)



# PATELLA TIP SYNDROME

## TREATMENT PROTOCOL

Number of treatment sessions 3 to 5

Interval between two sessions 1 week

Air pressure Evo Blue® 2 to 4 bar

Air pressure Power+ 1.5 to 3 bar

Impulses 2000 on the painful spot

Frequency 8Hz to 12Hz

Applicator 15mm

Skin pressure Light to moderate

<https://www.ncbi.nlm.nih.gov/pubmed/22627667>

# PLANTAR FASCIOPATHY

## TREATMENT PROTOCOL

Number of treatment sessions 3 to 5 3 to 5

Interval between two sessions 1 week 1 week

Air pressure Evo Blue® 2 to 4 bar 3 to 4 bar

Air pressure Power+ 1.5 to 3 bar 2 to 4 bar

Impulses 2000 on the painful spot 2000

Frequency 8Hz to 12Hz 12Hz to 20Hz

Applicator 15mm 36mm

Skin pressure Moderate to high Moderate to high

<https://www.ncbi.nlm.nih.gov/pubmed/?term=Mehra+et+al.%2C+Surgeon+2003%3B1%3A290-292>.

<https://www.ncbi.nlm.nih.gov/pubmed/28575496>

<https://www.ncbi.nlm.nih.gov/pubmed/?term=Ibrahim+et+al.%2C+J+Orthop+Res+2017%3B35%3A1532-1538>.

<https://www.ncbi.nlm.nih.gov/pubmed/?term=Eslamian+et+al.%2C+Pain+Med+2016%3B17%3A1722-1731>.

<https://www.ncbi.nlm.nih.gov/pubmed/25940060>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3752632/>

<https://www.ncbi.nlm.nih.gov/pubmed/20460065>

<https://www.ncbi.nlm.nih.gov/pubmed/21048171>

[http://www.idosi.org/wasj/wasj12\(1\)11/3.pdf](http://www.idosi.org/wasj/wasj12(1)11/3.pdf)

[http://www.idosi.org/wasj/wasj12\(1\)11/3.pdf](http://www.idosi.org/wasj/wasj12(1)11/3.pdf)

[https://www.ncbi.nlm.nih.gov/pubmed/19219314?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_DefaultReportPanel.Pubmed\\_RVDocSum](https://www.ncbi.nlm.nih.gov/pubmed/19219314?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum)

# SUBACROMIAL PAIN SYNDROME

## TREATMENT PROTOCOL

Number of treatment sessions 3 to 5

Interval between two sessions 1 week

Air pressure Evo Blue® 2 to 4 bar

Air pressure Power+ 1.5 to 3 bar

Impulses 2000 on the painful spot

Frequency 8Hz to 12Hz

Applicator 15mm

Skin pressure Heavy

<https://www.ncbi.nlm.nih.gov/pubmed/21088117>

<https://www.ncbi.nlm.nih.gov/pubmed/19755551>

# ACUTE AND CHRONIC MUSCLE ACHES AND PAIN

## TREATMENT PROTOCOL

Number of treatment sessions 3 to 5

Interval between two sessions 1 week

Air pressure Evo Blue® 2.5 to 4 bar

Air pressure Power+ 2 to 4 bar

Impulses 2,000 to 3,000 on the muscle

Frequency 8Hz to 12Hz

Applicator 15 mm or 36 mm

Skin pressure Light to moderate

The most common causes of muscle pain are tension, stress, overuse and minor injuries.

# RISKS & CONTRA-INDICATIONS

## **Side effects of Radial Shock Wave Therapy (RSWT) using the Swiss DolorClast®**

When performed properly, RSWT with the Swiss DolorClast® has only minimal risks. Typical device-related nonserious adverse events are:

- Pain and discomfort during and after treatment (anesthesia is not necessary)
- Reddening of the skin
- Petechia
- Swelling and numbness of the skin over the treatment area

**These device-related nonserious adverse events usually disappear within 36h after the treatment.**

**Accordingly the following contraindications of RSWT using the Swiss DolorClast® must be considered:**

- Treatment over air-filled tissue (lung, gut)
- Treatment of pre-ruptured tendons
- Treatment of pregnant women
- Treatment of patients under the age of 18 years (except for Osgood-Schlatter disease and muscular dysfunction in children with spastic movement disorders)
- Treatment of patients with blood-clotting disorders (including local thrombosis)
- Treatment of patients treated with oral anticoagulations
- Treatment of tissue with local tumors or local bacterial and/or viral infections
- Treatment of patients treated with cortisone.

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