

Application of extracorporeal shock waves in stenosing tenosynovitis: Case report [Aplicación de ondas de choque extracorpóreas en tenosinovitis estenosante: a propósito de un caso]

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Background and objective: Stenosing tenosynovitis (ST) is an inflammatory disorder that affects the sheaths and tendons of the flexor muscles of the fingers. Conservative treatments have limited effectiveness. It has been shown that extracorporeal shockwave therapy (ESWT) reduces the presence of chronic inflammatory phenomena. Given its effects, it is postulated as treatment alternative for stenosing tenosynovitis. The aim of this report is to present the case of a patient with ST which was treated with ESWT. **Description:** 77-year-old woman, retired, diagnosed with ST of the third right finger. The patient presented with palmar pain and clicking associated with finger lock when performing activities involving flexion-extension. Pain intensity, pressure pain threshold, functional capacity, range of motion, grip and pinch muscle strength were evaluated. **Intervention:** Six sessions of treatment were performed with a frequency of 1 session/week using a programming of 2000 pulses, 6 Hz and 2.2 bar. No other intervention was performed. **Results:** Reduction in the intensity of the pain, increase in pressure pain threshold, range of motion, functional capacity, grip and pinch force, as well as changes in the echographic appearance of the affected pulley and tendon were observed. **Conclusion:** Application of ESWT presented positive results in this patient. It could therefore be an option for the management of subjects with ST. © 2019 Asociación Española de Fisioterapeutas

Extracorporeal shockwave therapy

Physical therapy modalities

Rehabilitation

Trigger finger disorder