



Radial Shockwave Evidence

Literature Reviews

“Extracorporeal shock wave therapy (ESWT) is an effective and safe non-invasive treatment option for tendon and other pathologies of the musculoskeletal system.”

Efficacy and safety of extracorporeal shock wave therapy for orthopedic conditions: a systematic review on studies listed in the PEDro database

[Christoph Schmitz et al. Br Med Bull. 2015.](#)

“The authors recommended medium-intensity focused shockwave therapy with the highest tolerable level of energy output, with radial shockwave as a cheaper and possibly more effective alternative.”

Comparative effectiveness of focused shock wave therapy of different intensity levels and radial shock wave therapy for treating plantar fasciitis: a systematic review and network meta-analysis

[Ke-Vin Chang et al. Arch Phys Med Rehabil. 2012 Jul.](#)

“[Radial shockwave] is superior to conservative treatment at short, mid and long term in proximal hamstring tendinopathy.”

The effectiveness of extracorporeal shockwave therapy in common lower limb conditions: a systematic review including quantification of patient-rated pain reduction

[Vasileios Korakakis et al. Br J Sports Med. 2018 Mar.](#)

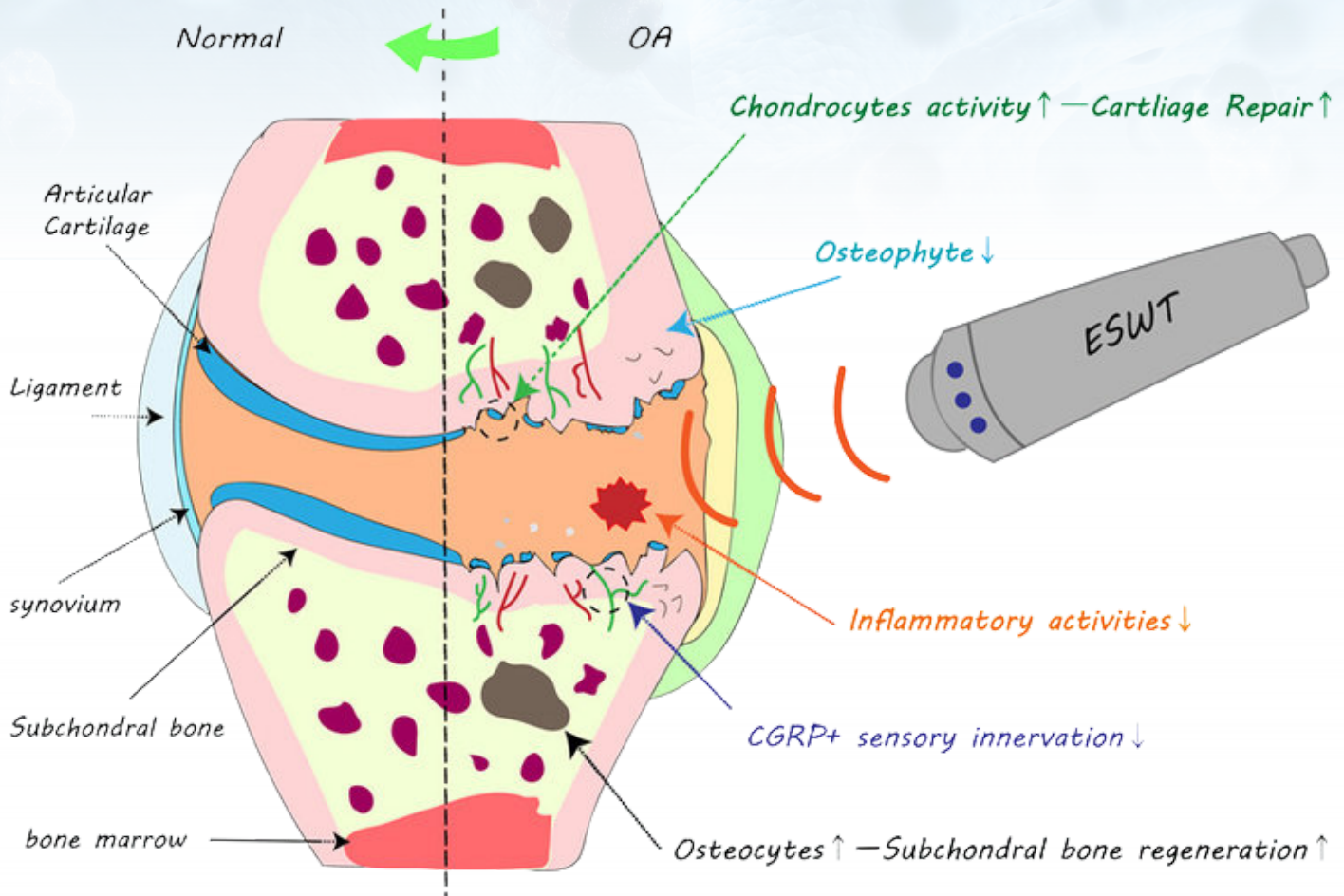
“Compared with [localized steroid injection], ESWT yielded similar short-term (<1 month) but better medium- (1–6 months) and long-term (>6 months) improvements in pain relief and functional recovery with fewer potential complications.”

Effects of Extracorporeal Shock Wave Therapy in Patients with Mild-to-Moderate Carpal Tunnel Syndrome: An Updated Systematic Review with Meta-Analysis

[Lei Zhang et al. J Clin Med. 2023.](#)



Radial Shockwave Mechanisms



“Increasing clinical and experimental evidence suggests that extracorporeal shockwave therapy (ESWT) is beneficial in OA treatment. ESWT is found to have modifying effects on cartilage and subchondral bone alterations in OA progression, as well as the clinical complaints of patients, including chronic pain and limited joint activities.”

Extracorporeal shockwave treatment in knee osteoarthritis: therapeutic effects and possible mechanism

[Senbo An et al. Biosci Rep. 2020.](#)

“Cellular mechanotransduction, or mechanotherapy, explains how mechanical stimuli lead to cellular migration, proliferation, differentiation, or apoptosis. Higher levels of energy may result in disruptive, shear stresses rather than serving as a mechanical stimulus. 7Pain modulation may induce cellular changes explained by the principle of hyperstimulation analgesia.”

Best practices for extracorporeal shockwave therapy in musculoskeletal medicine: Clinical application and training consideration

[Adam S Tenforde et al. PM R. 2022 May.](#)