

CHEAT SHEET

	DOSIS	DOSIS	TREATMENT	METHOD
	rESWT	fESWT	INTERVAL	POSITIONING
Achilles tendinopathy	8-12Hz, 2-2500 pulses, 2-3 bar	8-12Hz, 1500-2500 pulses, 0.02-0.2 mj/mm ² to max	3-4 x total; 1/week	On stomach with foot free from footrest, ankle in neutral position
Plantar Fasciitis	10-15Hz, 1500-2500 pulses, 2-4 bar	6-10Hz, 2-2500 pulses, max tolererbar dose	3-5 x total; 1/week	Patient prone. Treatment focus on palpatory points (3-5 points)
Knee Osteoarthritis	8-14Hz, 2-3000 pulses, 1-3 bar	8-15Hz, 1-3000 pulses, <0.28 mj/mm ²	3 x total; 1/week	Supine with knees in 90 degree flexion. The number of pulses is distributed among the most painful area on the joint line and patellofemoral.
Patella tendinupathy	9-12Hz, 1500-2500 pulses, 1.5-3 bar	4-8Hz, 2-2500 pulses, 0.08 mj/mm ² to max	3-5 x total; 1/week	Supine with knees in 30 degree flexion.
Laterale Hip Pain	8-12Hz, 2000 pulses, 2-4 bar	4-8Hz, 1500-2500 pulses, 0.15 mj/mm ² to max	3 x total; 1/week	Side-lying in decubitus position. Most painful area around trochanter and TrP
Shoulder Tendinupathy	2,500 pulses per treatment (500 pulses 1.5 bar , frq 4.5 Hz & 2,000 pulses 2.5 bar frq 10 Hz	4-8Hz, 1800 anslag, 0.2mj/mm ² up to max tolerance	3-4 x i alt; 1/uge	Sitting or lying down, hand on lower back or as close as possible depending on pain.
Frozen Shoulder	8-10Hz, 2000 pulses, 3.5bar	8Hz, 1200 pulses, 0.1-0.3mj/mm ²	4 x total; 1/week	Patient sitting. At least 2 areas are treated, but preferably 3. 1. 1 finger width lat to proc. coracoideus 2. Above the GH joint, 1 finger width lateral to the tip of the acromion 3. Posteriorly on the shoulder off the tip of the spina scapula.
Lateral epikondylitis	4-10Hz, 2000 pulses, up to max tolerance	4-10Hz, 2000 pulses, up to max tolerance	3 x total; 1/week	Seated, arm supported with shoulder in 45 degree abduction, elbow in 90 degree flexion. The most painful area on palpation is treated.
Carpal Tunnel Syndrome	4-6Hz, 1-2000 pulses, 1-4 bar	3-4Hz, 1-2000 pulses, 0.03-0.29 mj/mm ²	3 x total; 1/week	Sitting with flexed and supinated elbow N. medianus in the line from os pisiforme and os. scaphoid. 2 cm proximally, the number of pulses is distributed over the median nerve. Treatment must be painless.
Low Back Pain	10-15Hz, 2-3000 pulses, 2-3 bar	5Hz, 1-2000 pulses, 0.1-0.2 mj/mm ²	1-2/week i 4-6weeks	Patient prone. Treatment is focused on the most painful points found on palpation paraspinal and gluteal. Note to avoid direct bony protrusions when using radiation such as spinosi and SIPS. Always only to tolerance.
Coccydynia	4-6Hz, 1-2000 pulses, 1-4 bar	6-8Hz, 3000 pulses, 0.20 mj/mm ²	4 x total; 1/week	Patient in prone position. Pulses to joint during fESWT and rESWT in joint and nates
Pseudoartrosis / non-union	-	8Hz, 2500-3500 pulses, 0.25-0.35mj/mm ²	1-3 x ialt; 1/week	See fact sheet for detailed description

