

Use of PROMs to evaluate the effect of ESWT in lower limb tendinopathy: a systematic review

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Background

Lower limb tendinopathies such as Achilles tendinopathy, patellar tendinopathy, plantar fasciitis, gluteus medius tendinopathy, proximal hamstring tendinopathy

- Following physiotherapy, **ESWT** may be a **valuable addition** to the treatment
- **Need for a standard approach** to evaluate the effectiveness of ESWT
- Many different outcome parameters exist

Tendon thickness/vascularisation/
disorganisation of collagen fibers
Biomechanical characteristics



No good correlation between
histologic/radiographic
findings and clinical evolution

PROMs show a good correlation with effect of ESWT treatment & enhance clinical decision making at individual level

Aim

Give an overview of **PROMs** used in lower limb tendinopathy for assessing **ESWT treatment**

Methods

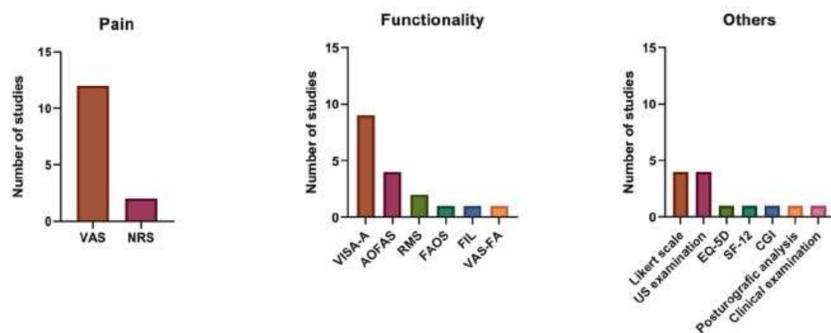
Systematic review of **Pubmed & Embase** by PRISMA guidelines

- Only Randomised Controlled Trials included
- ESWT as treatment
- 43 articles
- Analysis descriptively

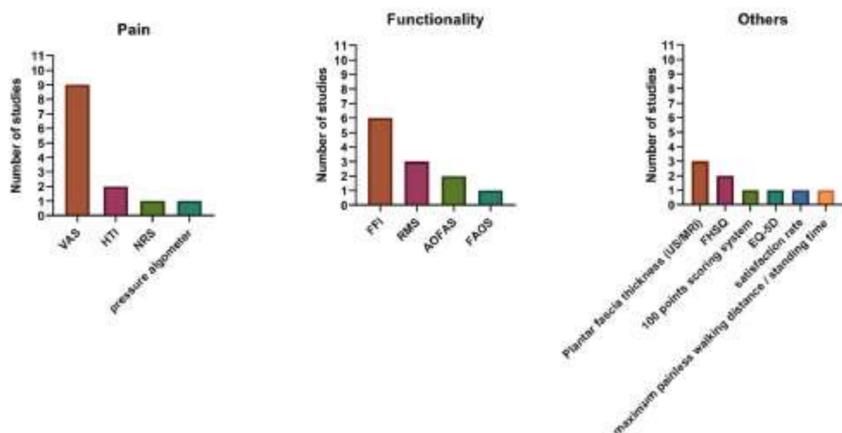


Results

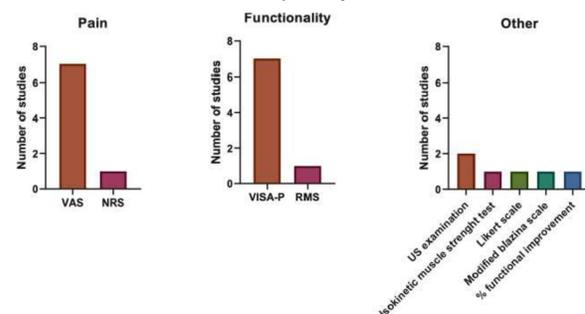
1 PROMs in context of **Achilles tendinopathy**: 15 studies were included. Visual Analogue Scale (VAS) and VISA-A were most frequently used.



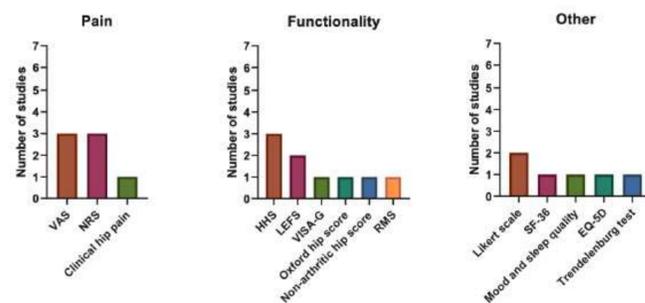
2 PROMs in context of **fasciitis plantaris**: 11 studies were included. VAS and Foot Function Index (FFI) were most frequently used.



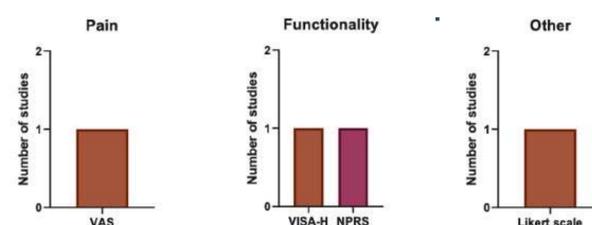
3 PROMs in context of **patellar tendinopathy**: 8 studies were included. VAS and VISA-P were most frequently used.



4 PROMs in context of **gluteus medius tendinopathy**: 7 studies were included. VAS/NRS and Harris Hip Score (HHS) were most frequently used.



5 PROMs in context of **proximal hamstrings tendinopathy**: 2 studies were included. VAS en VISA-H/Nirschl Phase rating scale (NPRS) were most frequently used.



Conclusion

VAS is most widely used tool for assessing **pain**. Concerning **functionality/activities of daily live**, VISA questionnaires (VISA-A, VISA-P, and VISA-H) as well as FFI and HHS are most frequent used.

To comprehensively assess the effectiveness of ESWT, condition-specific PROMs concerning pain and functionality should be supplemented with objective assessments and clinical evaluations.

Future

Implementation of PROMs in our UZ Leuven ESWT treatment protocol (baseline & at 6 weeks after ESWT to objectivate the effect of ESWT on lower limb tendinopathies)

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