

CLINICAL CASE STUDIES COMPETITION IN SOUTH KOREA

EMS provided three Swiss DuoClast® (combination of radial and focused shockwave [devices](#)) to Patrik Noack, Chief Medical Officer of the Swiss Team, for the competition in South Korea. The Physiotherapy team used the [Swiss DuoClast®](#) to prepare the Swiss athletes and get them into optimal condition to perform at their best. The Swiss DuoClast® was also used to treat pathologies the athletes could potentially encounter such as tendinopathies or muscular myofascial pain syndrome.

The Swiss team won 15 medals (5 gold, 6 silver, 4 bronze), and reached 7th place in the medal table.

“I was really glad to have a Swiss DuoClast® device during the competition in South Korea. Thanks to the treatments, many athletes could perform at their best.” Testified Patrik Noack.

Patrik Noack and his team treated 22 Swiss Athletes in total. They showcased the clinical evidence of 7 athletes with different pathologies during the competition.

None of them were able to compete pain free. Thanks to the Swiss DolorClast® Method, all of the 7 athletes could compete again with less pain or even pain free after being treated with Radial Shock Wave treatments (ESWT) for muscle trigger points hardening, and Focused Shock Wave treatments (FSWT) in insertion tendinopathies.

The treated athletes had positive outcomes in term of pain reduction. All the case studies listed below detail how the Swiss doctors treated the patient and the results.

1st case: Epicondylitis humeri radialis



Case description: An Ice Hockey player was suffering from an Epicondylitis humeri radialis when he arrived in PyeongChang. When he consulted the Swiss doctor, his pain level was at 7/10 on the VAS scale and his Roles Maudsley score was 2/4. The athlete could train but not participate in the competition.

Treatment settings: We performed four sessions of Focused Shock Waves (FSWT) with the Swiss PiezoClast® over nine days. The protocol used was gel pad 15mm, maximum intensity 7, and 3000 impulses at 7 Hz.

Results: The pain level went down from 7 to 5, then 4, and finally 3, and after only one session, he was back to the competition.

2nd case: Myopathy right calf muscle hardening

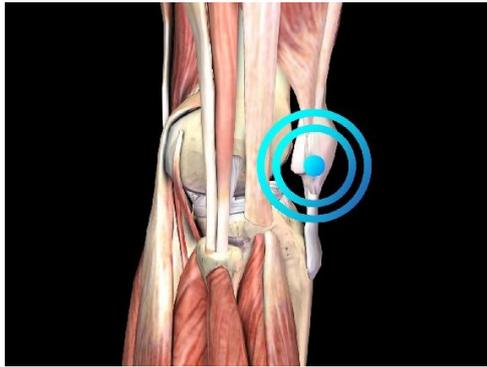


Case description: A Sliding Athlete was suffering from a Myopathy, right calf hardening (diagnosed by ultrasound scan) . It happened during a training a week before the competition starts, when pushing the Bob Sleigh. When he consulted the Swiss doctor, his pain level was at 5/10 on the VAS scale and his Roles Maudsley score was 2/4. So, the Athlete could train but not participate in the competitions.

Treatment settings: Over two days, we performed two sessions of Focused Shock Waves (FSWT) with the Swiss PiezoClast®. The protocol used was gel pad 30mm, as we wanted to treat deep in the muscle, maximum intensity 18, and 3000 impulses at 8 Hz.

Results: The pain level went down from 5 to 3. After only one session he was back to the competition.

3rd case: Acute patellar bone bruise

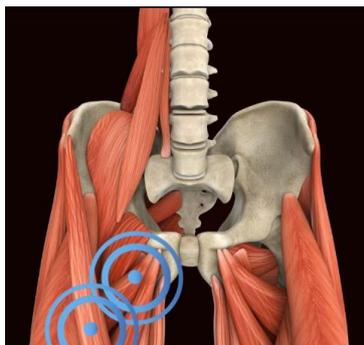


Case description: A Sliding Athlete was suffering from an acute patellar bone bruise a week after the OG began. He felt on the ice during the training. When he consulted our Swiss doctor, his pain level was at 5/10 on the VAS scale and his Roles Maudsley score was 2/4. So, he could train but could not participate to the competition.

Treatment settings: We performed three sessions of Focused Shock Waves (FSWT) with the Swiss PiezoClast® over in two days. The protocol used was gel pad 30mm, as we wanted to treat deep in the muscle, maximum intensity 12, and 3200 impulses at 8 Hz.

Results: The pain level went down from 7 to 4, and then 3. After the three sessions he was back to the competition.

4th case: Tendinopathy of rectus femoris and iliopsoas muscle



Case description: A Sliding Athlete was suffering from a Tendinopathy of the rectus femoris and iliopsoas muscles related to overuse at the end of the Competition. When he consulted the Swiss doctor, his pain level was at 6-7/10 on the VAS scale and his Roles Maudsley score was 2/4. So, he could train but not participate in the competitions.

Treatment settings: We performed one session of Radial Shock Waves (RWST) with the Swiss DolorClast® with the EVO BLUE. The protocol used was 15mm applicator at 2 bar for 1000 impulses and 10Hz.

Results: The pain level went down from 7 to 0. After one session he was back to the competition.

5th case: Myopathy muscle hardening iliopsoas



Case description: A Sliding Athlete was suffering from an iliopsoas myopathy muscle hardening due to overuse at the end of the competitions. When he consulted the Swiss doctor, his pain level was at 4/10 on the VAS scale and his Roles Maudsley score was 2/4. So, he could train but not participate in the competition.

Treatment settings: We performed three sessions of Focused Shock Waves (FSWT) with the Swiss PiezoClast® over two days. The protocol used was gel pad 30mm, as we wanted to treat deep in the muscle, maximum intensity 20, and 4000 impulses at 8 Hz.

Results: The pain level went down from 4 to 3. After one session he was back to the competition.

6th case: Trochanteric bursitis



Case description: A Sliding Athlete was suffering from a Trochanteric Bursitis at the end of the competitions. When he consulted the Swiss doctor, his pain level was at 5/10 on the VAS scale and his Roles Maudsley score was 2/4. So, he could train but not participate in the competition.

Treatment settings: Over two days, we performed three sessions of Focused Shock Waves (FSWT) with the Swiss PiezoClast®. The protocol used was gel pad 30mm, as we wanted to treat deep in the muscle, maximum intensity 3, and 4000 impulses at 8 Hz.

Results: The pain level went down from 5 to 3. After two sessions he was already back to the competitions.

7th case: Capsulitis of the ankle joint



Case description: A Sliding Athlete was suffering from Capsulitis of the ankle joint at the end of the competitions. When he consulted our Swiss doctor, his pain level was at 7/10 on the VAS scale and his Roles Maudsley score was 2/4. So, he could train but not participate in the competitions.

Treatment settings: We performed one session of Radial Shock Waves (ESWT) with the Swiss DolorClast® with the EVO BLUE. The protocol used was 15mm applicator at 1.6 bar for 4000 impulses and 12Hz.

Results: The pain level went down. Since it was the end of the competition, he went back home, the physiotherapist couldn't finish the treatment.