Oral Communication

OC-187

Optimizing the Results of Extracorporeal Shock Wave Therapy: The Impact of Therapeutic Education

Topic: Integrative Medicine

Najia Hajjioui[1], Abderrazak Hajjioui[2]

[1]*Department of Physical and Rehabilitation Medicine, Hassan II University Hospital, Fez, Morocco, Faculty of Medicine and Pharmacy, Sidi Mohamed Ben Abdallah University, Fez, Morocco*

[2]*Department of Physical and Rehabilitation Medicine, Mohammed VI University Hospital Center - Tangier, Abdelmalek Essaâdi University, Tangier, Morocco*

BACKGROUND

Extracorporeal shock wave therapy (ESWT) is an effective treatment for musculoskeletal pain management, but its effectiveness can vary depending on factors associated with each patient. Although therapeutic education is widely used in other contexts, it is rarely integrated into this specific setting according to current literature.

The objective of our study is to evaluate the effect of a therapeutic education program on the effectiveness of ESWT in patients with musculoskeletal pain and to determine whether this addition improves clinical outcomes compared to a standard protocol.

METHODS

We conducted a retrospective study over a 14-month period at the Physical Medicine and Rehabilitation Department of CHU Fes, including 82 patients divided into two groups:

*Group 1: Standard shock wave treatment with a therapeutic education program (advice between and during sessions).

*Group 2: Standard shock wave treatment without education. Patients were suffering from calcaneal spur pain (n = 24), plantar fasciitis (n = 12), or supraspinatus tendon calcifications (n = 46). Inclusion criteria included pain > 5/10 on the numerical pain scale, with no joint range of motion limitations. All patients received six shock wave sessions at weekly intervals.

RESULTS

The results showed a significant reduction in pain in the group that received therapeutic education, with continuous improvement over the course of the sessions. In contrast, the group without education showed, in some cases, improvement, while others experienced stagnation or even worsening of pain. These results suggest that therapeutic education optimizes the effectiveness of ESWT.

CONCLUSION

The integration of an educational protocol into extracorporeal shock wave therapy treatment significantly improves clinical outcomes, particularly pain management. This innovative approach should be systematically included in treatment protocols to optimize the benefits of ESWT in physical medicine and rehabilitation.

Statement of Disclosures

None

Corresponding Author:
Najia Hajjioui
Department of Physical and Rehabilitation Medicine, Hassan II University Hospital, Fez, Morocco, Faculty of Medicine and Pharmacy, Sidi Mohamed Ben Abdallah University, Fez, Morocco
Email: najia.hajjioui@usmba.ac.ma

Doi: 10.5606/archisprm.2026.OC-187