

3rd International Conference on

SPORTS MEDICINE AND FITNESS

October 05-06, 2017 Barcelona, Spain



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Evidence of shockwave treatment in sports medicine

Extracorporeal shockwave treatment (ESWT) has been successfully used for over almost 30 years to manage a variety of orthopedic conditions. ESWT have emerged as an efficacious, safe and non-invasive therapeutic option for tendon and other pathologies of the musculoskeletal system. It has become a very popular treatment in sports medicine. Currently, shockwave's approved musculoskeletal standard indications by the ISMST (International Society for Medical Shockwave Treatment) are chronic tendinopathies (calcifying tendinopathy of the shoulder; tennis elbow; greater trochanter pain syndrome; patellar and Achilles tendinopathy, plantar fasciitis), bone pathologies (delayed bone healing, non-unions, stress fracture) and skin ulcers. It has been shown that ESWT can be as effective as other treatment options including traditional physiotherapy, steroids and surgery in calcifying tendinopathy of the shoulder, elbow tennis, plantar fasciitis and non-unions. ESWT are used as a therapeutic tool to speed up tissue regeneration, thus the functional recovery of our patients. Physicians and health allied professionals should be aware about its increasing scientific evidence in musculoskeletal pathologies and new indications as well so they can choose the best treatment option to further improve standards of care, thereby enabling a better quality of life for our patients.

Biography

Silvia Ramon is a Medical Doctor, specialized in Physical Medicine and Rehabilitation, and completed her PhD in Knee Osteoarthritis. She is the Director of the Department of Physical Medicine and Rehabilitation, Hospital Quiron Barcelona. She is the Professor at International University of Catalonia, Faculty of Medicine since 2012 and; member of the National Commission of the Specialty Physical Medicine and Rehabilitation. She has published many papers on Rehabilitation. Her research interest includes: shockwaves, knee osteoarthritis, fibromyalgia, neurorehabilitation, etc. She currently holds the position of Communication Coordinator of ISMST (International Society for Medical Shockwave Treatments) since 2015.

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