

Extracorporeal shock-wave therapy for treating chronic pelvic pain syndrome: a feasibility study and the first clinical results

Reinhold Zimmermann, Alin Cumanas*, Lorenz Hoeltl[†], Gunther Janetschek, Arnulf Stenzl[‡] and Florin Miclea

*Departments of Urology, Elisabethinen Hospital, Linz, [†]Public Hospital, Kufstein, Austria, *Medical School, University of Timisoara, Timisoara, Romania, and [‡]University Hospital, University of Tübingen, Tübingen, Germany*

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Study Type – Therapy (case series)
Level of Evidence 4

OBJECTIVE

To investigate the feasibility and clinical outcome of extracorporeal shock-wave therapy (ESWT) for patients suffering from chronic pelvic pain syndrome (CPPS).

PATIENTS AND METHODS

The study included 34 patients who had had CPPS for ≥ 3 months, who were investigated in two subsequent studies. ESWT was administered using a perineal approach with

two different standard ESWT devices with and without an ultrasonographic positioning system. The follow-up was at 1, 4 and 12 weeks after ESWT, to evaluate the effects on pain, quality of life and voiding. Imaging studies and changes in prostate-specific antigen (PSA) were used to investigate the safety and side-effects of ESWT.

RESULTS

All patients completed the treatments and follow-up; there were statistically significant improvements in pain and quality of life after ESWT. Voiding conditions were temporarily improved but with no statistical significance. Perineal ESWT was easy and

safe to administer with no anaesthesia on an outpatient basis. Side-effects could be excluded clinically, by imaging studies and by changes in PSA level.

CONCLUSION

Perineal ESWT must be considered as a promising new therapy for CPPS, in particular as it is easy to apply and causes no side-effects.

KEYWORDS

chronic pelvic pain syndrome, chronic abacterial prostatitis, shock waves