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Keywords: Tendinopathy; Radial shock waves; Treatment

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Tendinopathy in therapeutic failure. Effectiveness of the radial shock waves
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Purpose.– Study the effectiveness of the radial shock waves (RSW) in the treatment of the chronic tendinopathy.

Methods.– Retrospective study by questionnaire concerning the patients who were treated by RSW in sport medicine unit in the teaching hospital of Limoges between April, 2010 and June, 2011. The questionnaire was tested on a sample before the beginning of study. Healing was assessed with the score of Blazina. Contentment was assessed by a Lickert scale.

Results.– About 88 concerned patients, 71 answered, 12 were lost of view and five refused to participate. Eighty-two percent were sportsmen, the medium age was of 43 years. The main locations were: Achilles tendinopathy (30%), plantar fasciitis (30%), patellar tendinopathy (19%) and epicondylitis (13%). Symptoms have evolved for more than 6 months in 70% of cases (more than 2 years in 29%). The patients had 6.9 sessions of RSW on average. Eight months after RSW treatment, the score of Blazina belonged to 0 in 62% of the tendinopathy of Achilles, 38% of plantar fasciitis and 33% of patellar tendinopathy, 54% of the patients were satisfied or very satisfied with a 76% rate for the tendinopathy of Achilles. The length of evolution of the tendinopathy did not influence the efficacy of the treatment, nor treatment associates (50% had physical therapy). 59% of the patients took back sports at the same level and 22% at a lower level.

Conclusion.– RSW seem to be a good alternative for the treatment of tendinopathy in therapeutic failure.

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Validation of a predictive model for return to work after orthopaedic trauma
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Purpose.– The authors presented a predictive model with five variables (professional qualification, speaking French, upper arm injury, education and age) and the INTERMED score or the INTERMED 5-item social subscale score [1,2]. These models had an area under the receiver-operator-characteristics curve (ROC-Curve) of 0.72 (with total INTERMED score) and 0.73 (with the INTERMED social subscale score). One important step in the validation process before such a predictive tool can be used in clinical practice is the validation in a new sample. Therefore, the aim of this study was the validation of the same predictive model in a new sample of patients with the same inclusion and exclusion criteria as in the sample used for the development of the tool.

Patients and methods.– The cohort consisted of 656 consecutively included inpatients with orthopaedic trauma participating in a vocational rehabilitation program after a work-, traffic- or recreational activity-related injury. Two years ago