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Title: HILT treatment in calcific tendinopathy of the shoulder. A controlled perspective study.

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Purpose: To compare the results obtained with different treatments on 3 groups of patients affected by calcific tendinopathy of the shoulder.

Method: 20 patients have been divided in 3 groups: the first (A) was treated with shock waves, the second (B) was treated with kinesis therapy and the third (C) was treated with Nd:YAG laser. Assessment was made before and after the treatments by the use of the constant scale, and x-ray 6 months after the treatment.

Results: In the B group no significant improvement of the clinical picture was observed. In A and C groups a significant improvement of the clinical picture was obtained. In the C group the best results in the post-treatment were obtained, especially in the control of the pain.

Conclusion: both shock waves and HILTherapy improve the clinical picture in patients affected by calcific tendinopathy of the shoulder, but HILTherapy has a greater analgesic effect in comparison with shock waves