

Radial extracorporeal shock wave therapy aids RA with arthralgia

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(HealthDay)—Radial extracorporeal shock wave therapy (rESWT) is

beneficial for patients with rheumatoid arthritis with arthralgia, according to research published online June 30 in *Pain Practice*.

Yiming Liu, M.D., from the Peking University People's Hospital in Beijing, and colleagues present a series of 15 [patients](#) who suffered from arthralgia after being on disease-modifying antirheumatic drugs for more than three months. Patients received adjuvant rESWT for three months.

The researchers observed significant reductions in visual analogue scale scores (resting state) from 2.90 ± 0.74 to 0.80 ± 0.79 ($P = 0.004$), visual analogue scale scores (active state) from 5.70 ± 1.33 to 2.20 ± 0.63 (P score with 28-joint counts based on erythrocyte sedimentation rate from 6.34 ± 0.72 to 4.19 ± 0.59 ($P = 0.001$), and health assessment questionnaire scores from 10.20 ± 2.35 to 5.00 ± 2.62 ($P = 0.005$) in the three-month post-therapy follow-up compared with the pre-therapy baseline. For [erythrocyte sedimentation rate](#) and C-reactive protein, the pre-post changes were not statistically significant. Eleven participants stopped analgesics completely by the end of treatment; the other four were on a lower dosage. There were no severe adverse effects related to rESWT.

"To our knowledge, this is the first report using this therapy to treat arthralgia in [rheumatoid arthritis](#)," the authors write.

More information: [Abstract](#)
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