

# 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  $2.90 \pm 0.74$  to  $0.80 \pm 0.79$  ( $P = 0.004$ ), visual analogue scale scores (active state) from  $5.70 \pm 1.33$  to  $2.20 \pm 0.63$  ( $P$  score with 28-joint counts based on erythrocyte sedimentation rate from  $6.34 \pm 0.72$  to  $4.19 \pm 0.59$  ( $P = 0.001$ ), and health assessment questionnaire scores from  $10.20 \pm 2.35$  to  $5.00 \pm 2.62$  ( $P = 0.005$ ) 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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