

HIP FACTS FROM THE LITERATURE #102

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SHOCKWAVE THERAPY IS EASIER TO COMPLY WITH THAN AN EXERCISE PROGRAM FOR PHT BUT LACKS THE PHYSICAL CONDITIONING BENEFITS



A recent paper reported on the perceptions of participants of a shockwave versus physio clinical trial for proximal hamstring tendinopathy, that showed no between group differences in primary outcomes

Participants perceived that they benefitted from elements common to both interventions: the education provided, and the rapport built with treating physiotherapists

These common helpful elements - education and the rapport built with treating physiotherapists - may be at least part of the explanation for the lack of differences in group outcomes.

Participants also felt that shockwave therapy was easier to comply with than an exercise program for proximal hamstring tendinopathy. Again this supports the findings of lower adherence to the assigned treatment in the exercise group, which may also have influenced treatment outcomes. However, trial participants did also recognize the lack of physical conditioning benefits provided by a shockwave intervention without exercise.

In clinical practice, ensure you are placing high value on the education and therapeutic alliance elements - patients certainly do. Patients also recognize the shortfalls of shockwave, so ensure you discuss the treatment options with your patients and use the evidence together with a shared decision making model to decide on the best pathway for the individual. If using shockwave, a combination model can be recommended, including exercise for the conditioning and other benefits.

Rich A, Hahne A, Ford J, Cook J, Peiris C. Education, rapport and convenience are key to participants' perceptions of receiving physiotherapy or shockwave for proximal hamstring tendinopathy: a qualitative study. *Musculoskelet Sci Pract.* 2025;80:103426.