

MUSCLE INJURIES

sport traumatology - treatment of professional rugby players

Jean- Baptiste Grisoli MD, Chief Medic for the French national rugby team and Toulon Rugby Club

I first discovered shockwaves in sports medicine around the turn of the century when I was the team doctor for the Olympic Marseille football team. It just so happened that I was lent a Swiss DolorClast® unit by EMS, the company who had just invented radial shockwave technology. This was back in 1999. I wanted to try it out, it appeared to be a promising treatment method and I was intrigued. Not long afterwards and quickly convinced, I bought my own unit for my sports medicine practice.

Having acquired this technology so soon after its invention made me one of the first radial shockwave practitioners in France. I now have more than 15 years' experience. This has convinced me that there should be radial shockwave technology available in every sport traumatology treatment centre today.

The busy schedule of a professional rugby player's demanding physical conditioning and excessive training can often result in chronic associated conditions such as tendonitis or plantar fasciitis etc. The Swiss DolorClast® Method complements the physiotherapy by allowing the most efficient treatment of the condition while also permitting the athlete to continue playing professionally.

Rugby is a contact sport and as a result, muscle trauma is common. These contusion injuries tend to leave fibrous scar tissue, which in the course of time will inhibit the player's performance. Given the huge muscle mass of professional rugby players today, it is difficult to treat conditions with classical physiotherapy alone. By using the Swiss DolorClast® Method we allow muscle conditions to be treated with a considerable amount of force or pressure although in fact, it is done quite effortlessly.



Drawing on my experience, I would like to give new Swiss DolorClast® users some helpful advice. Firstly, do not use shockwave treatment in association with nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs actually cancel out the neovascularisation reaction and reduce the quality of scar tissue formation which would work against these processes the shockwaves produce. Secondly, the patient should find shockwave treatment uncomfortable but not painful. Even my strongest players get emotional about the Swiss DolorClast® sessions although they are always in approval of them, which just goes to show the very good results achieved with this method.



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