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# JE LI TERAPIJA RADIJALNIM UDARNIM VALOM OPCIJA U LIJEČENJU PRIMARNOG LIMFEDEMA NOGU?

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## IS RADIAL SHOCK WAVE THERAPY AN OPTION IN THE TREATMENT OF PRIMARY LYMPHEDEMA OF THE LEGS?

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### SAŽETAK

Primary lymphedema is a genetic, chronic disease characterized by the swelling of limbs and/or genitals. It can be present in newborns or later in adult life. Primary lymphedema is a rare disease affecting 1 in 100,000 people, making it harder for timely recognition and treatment. Complete decongestive therapy is the gold standard for the treatment of lymphedema and represents a long-term process that exhausts the patient on a psychological, physical, and socio-economic level. Long-term accumulation of protein-rich fluid results in the formation of tissue fibrosis, making complete decongestive therapy less effective for patients. This raises the question of whether there is a more effective and faster way to manage lymphedema? Shock wave therapy is a new method of treating lymphedema that has proven successful when applied in conjunction with complete decongestive therapy in women with secondary lymphedema after breast cancer treatment. The effectiveness of the therapy was reflected in the reduction of arm circumference, tissue fibrosis, and improvement in the range of motion in the shoulder joint. Since there is no study on the impact of shock waves on primary lymphedema of the legs, we decided to present the case of a 62-year-old patient with primary lymphedema of the second degree, affecting both legs. The diagnosis was made in 2023, 25 years after the first symptoms appeared. The

lymphedema therapy consisted of complete decongestive therapy, fascia relaxation techniques, stationary bike riding, and radial shock wave therapy. After 10 therapies, we achieved a complete reduction in the circumference of the legs and the thickness of tissue fibrosis. The patient was provided with flat-knit stockings. Our research supports the positive effects of radial shock waves in previous studies and for the first time presents a positive volume reduction effect in conjunction with complete decongestive therapy.