

There are a number of treatment options to reduce hyperresistance in children with spastic CP, including oral medications, botulinum toxin (BTX), orthoses and surgery. The problem with these treatment options is that they can be invasive, painful and/or expensive and also come with side effects or, in the case of BTX treatment in children, are administered under anesthesia. ESWT appears to be a promising, noninvasive, practical, inexpensive and relatively pain-free form of therapy to reduce symptoms in children with spastic CP. Resulting positive effects include a reduction in hyperresistance, an improvement in joint mobility of the upper ankle joint and an improvement in gait pattern (speed, cadence and stride length) when treating the triceps surae.