

- Focused extracorporeal shockwave therapy (ESWT) has been demonstrated to improve wound healing and skin regeneration such as in burn wounds and scars.
- The combination of focused ESWT (0.35 mJ/mm², 2000 impulses, six sessions) with gluteal strength training was superior to SHAM-ESWT and gluteal strength training in moderate to severe cellulite in terms of the CSS in a RCT. The mean improvement was 24% in the intervention in contrast to the control group.
- Second, the SHAM-ESWT and gluteal strength training were not able to change the CSS in a 3 months perspective.
- Long-term data are warranted to elucidate the sustainability of the aforementioned clinical effects.
- Focused ESWT appears to improve the degree of cellulite in a clinical significant way.

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