An ideal complement to TCM
Extracorporeal shock wave therapy (ESWT) in a combined approach

After many years' experience concerning the influence of acupuncture on disorders affecting myofascial chains – i.e. the tendinomuscular meridians as a conceptual aspect of traditional Chinese medicine (TCM) – the range of treatment options has been enhanced by Huneke's neural therapy for treating regulatory disorders using the neurovegetative approach, and by osteopathy according to the fascial distortion model (FDM). All of these techniques recognize, and treat, myofascial trigger points (mTrPs; 'dry needling' of Qi, blood and mucus stasis in TCM; injection of conventional mTrPs with procaine in neural therapy; manual techniques used on what, under the FDM, are known as herniated trigger points).

The successful treatment of iliotibial tract syndrome with symptoms of runner's knee using ESWT is described by way of illustration. After treatment of the marked mTrPs (Fig. 1) with radial shock wave therapy (R-SW, approx. 4,000 shock waves, Fig. 2) and focused shock wave therapy (F-SW, 1,000 shock waves, Fig. 3), manual trigger band treatment – deep thumb pressure from the anterior superior iliac spine to the tibial tuberosity with subsequent cryotherapy – took place following smoothing with the V-ACTOR® handpiece. The smoothed area also included the peroneal group of the lower leg (gall bladder meridian). In order, with the knee flexed, to further loosen the adhesion of the muscles with the enveloping fascia, several Kiwi vacuum extractors were applied over the iliotibial tract and the peroneal group of the lower leg. These exert adjustable levels of suction pressure at specific points. Walking and doing stretching exercises with the Kiwis enabled the patient to actively stretch the fascia. After the second treatment, the patient also received an intra-arterial injection of 5 ml procaine 1%, the aim of which was greater arterial perfusion of the lower extremity.

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Since his setting up in private practice in Vechta, combined shock wave therapy (initially with the DUOLITH® SD1 system and now with the DUOLITH® SD1 »ultra«) has become an ideal complement to the range of treatment options and is now indispensable in the everyday routine of the practice specializing in orthopaedics and pain therapy.

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