

Treatment Approaches

Tendinopathies

Approach A (Tendonitis)

Product(s) & Dosage: A combination of 1.1 cc of Traumeel® Injection Solution mixed with 1.0 cc of Zeel® Injection Solution and 1 cc of 0.5% marcaine plain.

Application: Administered s.c. directly into the inflamed thickened fibrotic area of the tendon sheath in a fan-shaped manner, also employing the appropriate acupuncture points involved with a specific tendon.

Duration: Injections may be repeated once a week for up to 3 weeks depending on symptoms

Approach B (Tendonitis)

Product(s) & Dosage: 2.2 cc Traumeel® Injection Solution mixed with 1 cc of 0.5% bupivacaine hydrochloride

Application: Inject mixture s.c. in a fan shaped manner above the inflamed tendon sheath in multiple points. Apply cold therapy to the inflamed tendon in the first 48 hours after injury

Duration: Injections may be repeated once a week for up to 3 weeks depending on symptoms

Approach C (Achilles Tendon Pain)

Product(s) & Dosage: 2.0 cc Zeel, 2.0 cc Lymphomyosot® Injection Solution and 1-2 cc lidocaine for two weeks (mixture 1), then switch to a mixture of 2.2 cc Traumeel® Injection Solution and 1-2.0 cc lidocaine for additional 2 weeks (mixture 2)

Application: Inject Achilles s.c. in a retrograde fashion right along the tendon.

Duration: Apply mixture 1 twice a week for two weeks; then mixture 2 twice a week for additional 2 weeks

Approach D (Achilles Tendon Pain)

Product(s) & Dosage: 1 cc Traumeel® Injection Solution mixed with 2 cc xylocaine, and 0.5 cc wydase (Hyaluronidase®)

Application: Using a 30G needle inject between the sheath and the tendon to accomplish fluid adhesiotomy in the area. If swelling is present, 1 cc Lymphomyosot® Injection Solution can be added to the mixture.

Duration: Inject once a week for 3 to 4 weeks