

Source:

ATRAD - Association for Radial Pain Therapy

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TST - Trigger Shockwave Therapy® and trigger osteopathy

In recent months a therapy that gives a quick and lasting increase in muscle strength and flexibility and atraumatic treatment for the causes of pain and sporting injuries has been arousing interest:

TST - TRIGGER SHOCKWAVE THERAPY®

✘ Diagnosis

Muscle fibre regions inside a muscle that can often be felt as hard nodes and strings. In medicine they are also referred to as myogeloses. The general opinion in orthopaedics and sports medicine is still that they are annoying but harmless. In contrast, trigger medicine assumes that it is precisely the triggers that are the main cause of reduced performance and muscle problems and of many sport medicine problems. They are also the main causes of disc and ischial problems, back pain, neck and head pains and also shoulder, hip and knee problems, all problems that are not confined to sports medicine but also affect millions of people. The real problem with the triggers is that they very often cause pain in parts of the body distant from the point of origin. These are referred to as remote triggers. When these are the cause of pain, it is very difficult for symptom-oriented medicine to detect the actual cause of movement restrictions, muscle-shortening and/or pain. Treatment is typically given at the site of the pain - however this often only treats the symptoms but not the cause. The newly developed diagnostic and treatment concept makes it possible to correct the trigger of these malfunctions by first precisely localising the trigger and then removing it.

✘Pain-free by removing triggers

Trigger Shockwave Therapy enables particularly atraumatic and effective treatment of triggers. It is also applied without medication and is free of side effects - this makes it a very low-risk and very effective alternative to conventional methods of treatment. Another advantage is that the therapy can be conducted directly at sporting events, at outpatient clinics and daily during a stay in hospital. In the case of acute sporting injuries or after surgery problems can be corrected in a few days, thereby accelerating rehabilitation.

✘Trigger treatment

Not only extracorporeal shockwave therapy with the Swiss DolorClast® but also the training of the therapist is important for the success of the treatment . The most important factor is exact diagnosis and the knowledge of many problems that can be caused by triggers. There are now some physicians who are using shockwave therapy for treatment purposes. However, only physicians who have learned diagnostics and how to handle the shockwave therapy device have the basic qualifications for treating patients. Patients who want to receive trigger shockwave therapy should therefore always make sure that the therapist has completed the required certification course. Information can be found under reference physicians and links. In general, the time required for treatment depends on the size of the painful regions and the degree of pressure. A treatment period of approximately 25 minutes per session can be assumed. Most tension-related pains are relieved after three to six treatment sessions. The number of treatments required depends on how long the problems have existed.

Treatment with the **Swiss DolorClast®** and **TST -Trigger Shockwave Therapy®** is conducted as follows:

- Diagnosis of the treatment region by palpation
 - Identification of the treatment region
 - Application of the contact gel
 - Connecting and applying the extracorporeal shockwaves with the Swiss DolorClast® handpiece.
- The device settings are specified by the therapist.