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Orthopaedic trigger shock wave therapy with radial and focused shock waves:  
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The trigger point theory of Travell and Simons represents the basis for diagnostics and therapy of myofascial pain syndromes. This therapy is however not in wide use, due to the difficulty of identifying trigger points and its lack of efficiency.

Application of shock waves to trigger points represents a new therapy method. Combined use of radial and focused shock waves allows for efficient local treatment and wide-area treatment of the affected muscles. In particular, focused shock waves can be used to activate referred pain, providing a reliably precise diagnostic method.

Based on the authors' experience, trigger shock wave therapy is indicated for a number of functional disorders. Reported success confirms the concept of the muscle as a pain organ and therefore lends this therapy high relevance among conservative methods.

Scientific evidence of the mechanism of action has to be defined.