

A field report

The SPINE-ACTOR® shock transmitter

At Dr. Dirk-J Dannerberg's medical practice, radial shock wave therapy has been the treatment of choice for spinal disorders for some years. This pain is often caused by blockages in the spinal column caused by shortening and disorders of the autochthonous back muscles. Clinical investigation frequently reveals areas of hardening consisting of muscle nodules or myogeloses.



Fig. 1: Treating the lumbar spine using the SPINE-ACTOR®

Using the newly developed SPINE-ACTOR®, a shock transmitter for the radial shock wave handpiece, it is now possible to treat the autochthonous back muscles to the right and left of the spinous process evenly. The SPINE-ACTOR® has been successfully used in this private orthopaedic and sports medicine practice in Darmstadt, Germany (www.orthopaedy.com) for a year, on over 80 patients to date.

The main areas of use are painful neck myogelosis with blockages, pain in the area of the lumbar spine with so-called lumbago and blockages in the SIJ joint. The U-shape of the SPINE-ACTOR® allows the muscles to be treated paravertebrally. The U-shaped contact surface can be used to

target shock waves at myogeloses, painful tension and trigger points.

Because treatment using the SPINE-ACTOR® avoids the need for injections, it is very popular with patients. In acute cases, treatment is given twice weekly using a combination of 7000 pulses with the D-ACTOR® D20-S and 1000 pulses with the SPINE-ACTOR®.

A pressure range of 1.8 to 2.3 bar at a frequency of 17 Hz is used. A mixture of medicinal plant oils, aloe vera and ultrasound gel is used for the link-up. Patients report significant pain relief and increased movement after just one application, particularly with blockages and myogeloses of the cervical spine.

In addition to paravertebral treatment, SPINE-ACTOR® can also be used for other clinical indications. It can be used to treat trigger points in the shoulder and neck musculature effectively and supportively. "It is an ideal complement to focused shock wave therapy for frozen shoulders to loosen and relax the pectoral girdle as a whole," explains Dr. Danneberg.

Dr Dirk-J. Danneberg
Private orthopaedics and sports
medicine practice
Nieder-Ramstädter Straße 160
64285 Darmstadt
www.orthopaedy.com
Translation of original article
published in German in issue
10.2014 of *Orthopädische
Nachrichten*.