

49. Shockwave-acupuncture: A method with excellent results in arthritis and asthma treatment

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Introduction: The application of extracorporeal shockwaves to acupuncture points is a new method of stimulation, which became possible after the invention of smaller devices for the generation of ballistic shockwaves. Since 2002, when at my request, Storz Medical Company produced a special machine capable of producing shockwaves for small areas, I

have been observing the effectiveness of this new method for the treatment of coxarthrosis, gonarthrosis, asthma, and other diseases in more than 1000 patients.

Methods: The effect of this new therapy on pain and mobility of joints in gonarthrosis and coxarthrosis and on lung function in asthma were observed. The documentation was based on subjective parameters such as pain intensity and objective parameters such as joint mobility and spirometric measurements.

Results: 72.8% of gonarthrosis patients had less pain. The mobility of the knee and hip joints improved by an average of 19.1 degrees. In both studies, the younger patients (under 65 years of age) achieved better results than the older patients.

With regard to asthma, the subjective recovery from tightness in the chest and difficulty in breathing as well as chronic dry cough improved markedly. Also, the use of inhalers was significantly reduced.

Conclusion: The results show that pressure pulses on small areas can trigger reactions in pressure receptors in skin and connective tissue that can reduce pain, improve mobility and circulation, and relax bronchial muscles. The list of indications for this new type of therapy may be extensive.