Therapy of Posttraumatic Swellings with Traumeel
by Dr. Med. H. Mergen

A controlled study on 26 comparable patients with post-
traumatic soft tissue swellings (bone fractures in the ex-
tremities) evaluated on the basis of a test questionnaire
showed that with a dosage of 15 drops of Traumeel 3 times
daily more intensive and also faster subsidence could be
achieved than with a dosage of 10 drops of this preparation 3
times daily.

Since not only fresh soft tissue swelling can be very dis-
agreeable but also those which persist or occur anew as re-
sidual swelling after surgical treatment, such as after removal
of the plaster cast, a controlled therapeutic test with Trau-
meel in drop and ointment form also appeared to be
indicated. Traumeel ointment was used on all 26 patients
uniformly, once daily.

The dosage of the drops was the same for all patients on
the first day (15 drops 3 times daily). However, from the
second day onwards it was administered completely indepen-
dently of the type of traumatization or the severity of the soft
tissue swelling according to the known principle of unse-
lected alternating series according to Martini, in that
cases 1, 3, 5, 7, 9 etc. received 15 drops of Traumeel
3 times daily and
cases 2, 4, 6, 8, 10 etc. received 10 drops of Trau-
meel 3 times daily (fig. 1, on following page)

Subsidence of an average 2.8 cm in circumferential di-
menison was achieved by means of the higher dosage of
Traumeel (15 drops 3 times daily), whereas at the lower do-
sage (10 drops 3 times daily), subsidence averaged only 2.2
cm.

The shorter average therapy period of 33 days for group
1 compared with the average of 37 days in group 2 cannot be
used with sufficient statistical certainty.

The relatively longer therapy period does not contradict
the results with fresh accident injuries. Residual swellings 4-6
weeks after traumatization has taken place are significantly
more resistant to therapy than fresh, traumatic or postope-
rateive soft tissue swellings. This study series also dealt only with
outpatients who were exposed to everyday stresses.

It is pointed out that the most unfavourable value was
always used as a parameter from among the previously
determined measuring points on measurement after con-
clusion of medication.

No side effects of a general or local nature were ob-
served in any of the patients. In particular there were also no
allergies after application of Traumeel ointment.

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<table>
<thead>
<tr>
<th>Group 1: Traumeel from 2nd day on: 15 drops 3 times daily</th>
<th>Group 2: Traumeel from 2nd day on: 10 drops 3 times daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 cases (7 m, 6 f); average age: 42.5</td>
<td>13 cases (8 m, 5 f); average age: 43.5</td>
</tr>
<tr>
<td>3 ankle fractures, 1 of which with Volkmann’s triangle torn out</td>
<td>4 ankle fractures, 1 of which with Volkmann’s triangle torn out</td>
</tr>
<tr>
<td>1 fracture of the lower leg</td>
<td>4 fractures of the lower leg</td>
</tr>
<tr>
<td>4 fractures of the radius loco typico, one of which with the styloid process of the ulnae broken off</td>
<td>2 fractures of the radius loco typico, one of which with the styloid process of the ulnae broken off</td>
</tr>
<tr>
<td>1 fracture of the lower arm</td>
<td>2 fractures in the elbow region (1 infraction of the head of the radius, 1 radial epicondyle broken off)</td>
</tr>
<tr>
<td>1 metacarpal fracture</td>
<td>1 metacarpal fracture</td>
</tr>
<tr>
<td>1 Bennet’s fracture</td>
<td></td>
</tr>
<tr>
<td>2 traumas without fracture to the lower extremity (1 knee contusion, 1 ankle distortion with hematoma)</td>
<td></td>
</tr>
</tbody>
</table>

**Average decrease in circumference of the traumatized extremity in comparison with the non-traumatized extremity serving as control:**

- a) before Traumeel medication: + 3.8 cm
- b) after Traumeel medication: + 1.0 cm

  Difference between a) and b) = 2.8 cm

  Average therapy period: 33 days

- a) before Traumeel medication: + 3.5 cm
- b) after Traumeel medication: + 1.3 cm

  Difference between a) and b) = 2.2 cm

  Average therapy period: 37 days