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Therapy of Posttraumatic Swellings with Traumeel

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A controlled study on 26 comparable patients with posttraumatic soft tissue swellings (bone fractures in the extremities) 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 disagreeable but also those which persist or occur anew as residual swelling after surgical treatment, such as after removal of the plaster cast, a controlled therapeutic test with Traumeel 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 independently of the type of traumatization or the severity of the soft tissue swelling according to the known principle of unselected 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 Traumeel 3 times daily (fig.1, on following page)

Subsidence of an average 2.8 cm in circumferencial dimension was achieved by means of the higher dosage of Traumeel (15 drops 3 times daily), whereas at the lower dosage (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 long 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 postoperative 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 conclusion of medication.

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

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Fig. 1: *Dose-effect relationship of Traumeel drops*

Group 1) Traumeel from 2nd day on: 15 drops 3 times daily	**Group 2) Traumeel from 2nd day on: 10 drops 3 times daily**
13 cases (7 m, 6 f); average age: 42.5	13 cases (8 m, 5 f); average age:43.5
3 ankle fractures, 1 of which with Volkmann's triangle torn out	4 ankle fractures, 1 of which with Volkmann's triangle torn out
1 fracture of the lower leg	4 fractures of the lower leg
4 fractures of the radius loco typico, one of which with the styloid process of the ulnae broken off	2 fractures of the radius loco typico, one of which with the styloid process of the ulnae broken off
1 fracture of the lower arm	2 fractures in the elbow region (1 infraction of the head of the radius, 1 radial epicondyle broken off)
1 metacarpal fracture	1 metacarpal fracture
1 Bennet's fracture	
2 traumas without fracture to the lower extremity (1 knee contusion, 1 ankle distortion with hematoma)	
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	a) before Traumeel medication: + 3.5 cm
b) after Traumeel medication: + 1.0 cm	b) after Traumeel medication: + 1.3 cm
Difference between a) and b) = 2.8 cm	Difference between a) and b) = 2.2 cm
Average therapy period: 33 days	Average therapy period: 37 days