

# Fast-acting, Safe, Effective – Study Confirms Traumeel Effective for Tendinopathies

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The homeopathic combination product Traumeel is an effective alternative to diclofenac ointment for topical therapy of acute, non-traumatic tendinopathies, according to a recent three-armed, placebo-controlled, double-blind, and randomized study of 252 competitive athletes. The study was conducted from December 2005 to September 2006 by Dr. Alejandro Orizola, an orthopedist at the University of Chile Clinic in Santiago de Chile. The findings of the study were recently presented at the World Congress of the Society for Tennis Medicine and Science in Antwerp, Belgium, with more than 200 participants from all over the world.

## **Tendon inflammation due to repetitive stress**

The athletes recruited included members of the Chilean Davis Cup team and professional soccer league, who were suffering from various tendinopathies. 89 of the athletes were treated with Traumeel ointment and 87 with diclofenac ointment, while the rest received a placebo. In each group, the ointment was applied three times a day; in addition, an ointment dressing was ap-

plied overnight. Sonograms taken at commencement of therapy and after 21 days of treatment revealed changes in tendon diameter and edema in the affected areas. In addition, the athletes were questioned about their subjective perception of symptoms.

## **More effective than diclofenac**

Significantly greater improvement in sonographic findings and subjective symptoms was noted under therapy with either diclofenac or Traumeel than in the placebo group. The homeopathic combination proved superior to the allopathic product in all parameters surveyed. As a result, the athletes treated with Traumeel were able to resume training after an average of 20.3 days, in comparison to 24.6 days for the diclofenac group and 30.6 days for the placebo group. The homeopathic product also performed very well with regard to tolerability. No adverse effects appeared in the Traumeel group, but allergic skin reactions forced four of the athletes treated with diclofenac to terminate therapy. In conclusion, Orizola describes the homeopathic combination Traumeel as a safe and effective alternative to diclofenac in treating non-traumatic tendinopathies. ■



*Dr. Alejandro Orizola*

## **Reference:**

Alejandro Orizola, MD  
 Oral Presentation: The efficacy of Traumeel versus diclofenac and placebo ointment in tendinous pain in elite athletes: a double-blind randomized controlled trial.  
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