

**Sources:**

- 1.Mense, S., & Gerwin, R. D. (Eds.). (2010). Muscle pain: Diagnosis and treatment. Berlin, Germany: Springer.
- 2.Traumeel® Injection Solution - Package Insert
- 3.Mueller-Loebnitz, C., & Goethel, D. (2011). Review of the clinical efficacy of the multi-component combination medication Traumeel and its components. Alternative Therapies, 17(2), 18-30.



**TRIGGER POINT  
INJECTIONS WITH  
TRAUMEEL® INJECTION  
SOLUTION**



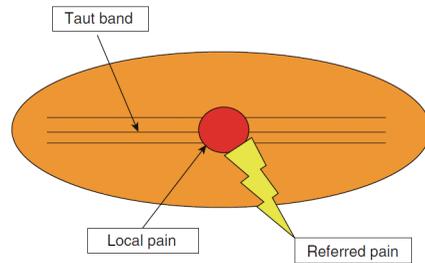
**Fig 2:** Trigger points can develop in any muscle in the body and cause extreme discomfort and pain.

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They are supported by traditional homeopathic principles.

## What is a trigger point?

In simple terms, a trigger point is a muscle knot that refers pain, weakens muscles, and causes dysfunctional movement. The site of pain is not the same as the source of pain, which often makes treatment difficult. Trigger point pain can be sharp, dull, burning, aching, tingling or numb. In the long run, muscles weaken while others tighten and get stiff, joints lock up and become less mobile, and stability (body control) may be lost.<sup>1</sup>



**Fig 1:** The trigger point contains a band of hardened muscle, which may have a nodular component as well. The hardened band is known as a taut band.<sup>1</sup>

## What conditions are commonly treated with trigger point injections?

Myofascial pain from trigger points is commonly treated with trigger point injections. Myofascial pain may manifest as acute backache, tension-type headache, shoulder pain, or many other different pain types.<sup>1</sup>

## What is a trigger point injection? Is it safe?

Trigger point injection is an injection of a substance (e.g., Traumeel®, an anesthetic, or a corticosteroid) through a needle inserted into the trigger point. Trigger point injection by an experienced practitioner is considered a safe procedure. Please ask your physician for details.<sup>1</sup>

## How does Traumeel® injection therapy work?

Traumeel® contains highly diluted ingredients that reduce pain and inflammation associated with a broad range of conditions.<sup>2</sup> The exact mechanism of action of Traumeel® Injection Solution is not yet fully understood, but it effectively decreases pain and inflammation in musculoskeletal conditions.

## What are the benefits of Traumeel® Injection Solution in pain management?

- Established efficacy and safety data in multiple clinical trials<sup>3</sup>
- Non-narcotic, non-addictive, non-NSAID (non-steroidal anti-inflammatory drug) and non-steroid<sup>3</sup>
- No known drug interactions/easy to combine with other medications<sup>2</sup>
- Excellent safety profile<sup>3</sup>
- Administered at your physician's office in a simple procedure

## How is this therapy given?

Depending on your condition and type of pain, Traumeel® Injection Solution can be applied as an intramuscular (into a muscle), subcutaneous (under the skin) or intra-articular (into a joint) injection.<sup>2</sup> Trigger Point Injections are intra-muscular injections.

## Who should NOT have this therapy?

People who

- Are allergic to any of the ingredients in Traumeel® Injection Solution<sup>2</sup>
- Have infections or skin diseases in the injection area<sup>2</sup>

## What side effects have been associated with Traumeel® Injection Solution?

Reports of adverse events are exceptionally low. Allergic (hypersensitivity) reactions (e.g., skin allergies, redness/swelling at the injection site, even anaphylaxis) may occur in isolated cases.<sup>2</sup> Because these events are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate their frequency or establish a causal relationship to drug exposure. The safety and effectiveness of the therapy has not been established in pregnant women, lactating women and children.<sup>2</sup>

## Are you a candidate for this therapy?

Traumeel® injections could be right for you if

- You are not getting adequate pain relief from physical therapy and/or over-the-counter pain medications, including ibuprofen (e.g., Advil®), acetaminophen (e.g., Tylenol®), or naproxen sodium (e.g., Aleve®)
- You experience adverse events from other pain medications and are looking for a medication with an excellent safety profile
- You are taking several medications and want to reduce the risk of drug-to-drug interactions when adding another pain medication
- You are unable to tolerate or unwilling to take prescription NSAIDs or steroid injections (e.g., Kenalog®)
- You are suffering from diabetes, heart disease or other risk factors that complicate treatment with standard medications

**If you meet these criteria, ask your doctor about Traumeel® injection therapy!**

## What are the ingredients in Traumeel® Injection Solution?

Traumeel® Injection Solution is a combination formulation of botanical substances and mineral substances that are highly diluted. Traumeel® is officially classified as a homeopathic combination remedy. Each 2.2 ml ampule of Traumeel® Injection Solution contains<sup>2</sup> Arnica montana, radix 2X (2.2 mcl), Belladonna 2X (2.2 mcl), Calendula officinalis 2X (2.2 mcl), Chamomilla 3X (2.2 mcl), Millefolium 3X (2.2 mcl), Hepar sulphuris calcareum 6X (2.2 mcl), Symphytum officinale 6X (2.2 mcl), Aconitum napellus 2X (1.32 mcl), Bellis perennis 2X (1.1 mcl), Mercurius solubilis 6X (1.1 mcl), Hypericum perforatum 2X (0.66 mcl), Echinacea 2X (0.55 mcl), Echinacea purpurea 2X (0.55 mcl), Hamamelis virginiana 1X (0.22 mcl), and sterile isotonic sodium chloride solution.

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