MediNatura™

Treatment Approaches

Injection Therapy
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Ankle Sprains

Approach A

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution mixed with 1 cc of 0.5% bupivacaine hydrochloride or 0.5% marcaine plain

Approach B

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution mixed with 1 cc of 0.5% bupivacaine hydrochloride or 0.5% marcaine plain

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution mixed with 1 cc Lymphomyosot® to stimulate local lymphatic drainage in the affected area, and 3 cc 0.5% lidocaine

**Application:** Inject mixture s.c. multiple spots around the painful area in a fan shaped distribution (approx. 1-1.5 cc of the mixture per spot)

**Duration:** Once a week for up to 3 consecutive weeks

This information is a summary of treatment approaches that were either published or shared with us by experienced clinicians that are using our products successfully in their patients. Obviously, every patient is different and needs an individualized approach, thus the described clinical approaches can only serve orientation purposes.

Traumeel® Injection Solution is a homeopathic drug indicated for the treatment of injuries, inflammatory and degenerative conditions of the musculoskeletal system and for the relief of associated symptoms such as pain.

Lymphomyosot® X Injection Solution is a homeopathic drug indicated for improvement of lymphatic drainage, the non-specific immune defense, and conditions such as benign hypertrophy of lymph nodes, chronic tonsillitis, tonsillar hypertrophy and lymphatic edema.

*These statements have not been reviewed by the Food and Drug Administration. They are supported by traditional homeopathic principles.*
Treatment Approaches

Arthritis

Approach A (OA of the Knee)

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution mixed with 2.0 cc Zeel® Injection Solution per injection

**Application:** Both injection solutions can be mixed 1:1 (1 ampule each) in one syringe prior to injection. Injection volume is 4.2 cc. If deemed necessary, lidocaine or a similar anesthetic can be added to this mixture. In most cases, arthrocentesis will be performed prior to the i.a. knee injection. Usually a 25G or 22G 1.5” needle is used for this procedure. Ultrasound guided injections may lead to a higher accuracy. Injection has to be done under aseptic conditions.

**Duration:** I.a. injections are performed once per week for 3 consecutive weeks. Pain relief of 3 to 6 months has been reported. Procedure can be repeated as needed throughout a given year.

Approach B (OA of the Hip)

**Product(s) & Dosage:** 2.2 – 4.4 cc Traumeel® Injection Solution combined with 2.2 cc Zeel® Injection Solution per injection session

**Application:** Peri- or intra-articular injection of the affected hip

**Duration:** Once per week over 3 to 4 consecutive weeks under aseptic conditions

See Also:

C. Lozada et al: A Multi-Center Double-Blind, Randomized, Controlled Trial (db-RCT) to Evaluate the Effectiveness and Safety of Co-Administered Traumeel® (Tr14) and Zeel® (Ze14) Intraarticular (IA) Injections Versus IA Placebo in Patients with Moderate-to-Severe Pain Associated with OA of the Knee. Abstract Number 2896 presented at the ACR Annual Meeting 2014 in Boston.

MOZArT Study: Combined i.a. injections of Traumeel® and Zeel® IS provided statistically significant and clinically relevant pain relief on days 15 to 99 in comparison to placebo. In this double-blind, randomized, controlled trial, a biological/mineral multi-extract combination was shown to be a safe and effective treatment for pain in moderate-to-severe knee OA.
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Traumeel® Injection Solution is a homeopathic drug indicated:

- As a mono-therapy, for the treatment of injuries, inflammatory and degenerative conditions of the musculoskeletal system and for the relief of associated symptoms such as pain.

- In combination with Zeel® Injection Solution, for the treatment of inflammatory and degenerative conditions of the musculoskeletal system, such as arthrosis / osteoarthritis and/or rheumatic joint diseases, and for the relief of symptoms including pain, swelling, and joint stiffness.

Zeel® Injection Solution is a homeopathic drug indicated:

- As a mono-therapy, for the treatment of arthrosis/ osteoarthritis, and/or rheumatic joint diseases and for the relief of symptoms such as pain and joint stiffness.

- In combination with Traumeel® Injection Solution, for the treatment of inflammatory and degenerative conditions of the musculoskeletal system, such as arthrosis / osteoarthritis and/or rheumatic joint diseases, and for the relief of symptoms including pain, swelling, and joint stiffness.

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Treatment Approaches- Back Pain

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Traumeel® Injection Solution is a homeopathic drug indicated for the treatment of injuries, inflammatory and degenerative conditions of the musculoskeletal system and for the relief of associated symptoms such as pain.

Spascupreel® Injection Solution is a homeopathic drug indicated for the relief of spasms of the smooth musculature of the gastrointestinal and the urogenital tract as well as general muscle spasms.

Neuralgo-Rheum® Injection Solution is a homeopathic drug indicated for the treatment of nerve pain, soft tissue rheumatism and symptoms of disc protrusion.

Approach A (Unspecific Back Pain with Muscle Spasms)

Product(s) & Dosage: 2.2 cc Traumeel® Injection Solution combined with 2.2 cc Spascupreel® Injection Solution

Application: Inject Traumeel® Injection Solution 2.2 cc combined with Spascupreel® Injection Solution into the relevant trigger points or pain zone. Both agents can be mixed in the same syringe prior to injection. This mixture is administered as multiple injections of smaller volume (around 1 cc per trigger point). Traumeel® has also been successfully utilized in cervical and lumbar spine facet i.a. injections

Duration: Once per week for 3 to 4 consecutive weeks

Approach B (Pseudosciatica)

Product(s) & Dosage: 2.2cc Traumeel® Injection Solution; combined with 1.1cc Neuralgo-Rheum® Injection Solution if nerve entrapment is a cause

Application: Inject myofascial trigger points that refer pain from the gluteus minimus or piriformis muscle (depending on diagnosis) with Traumeel® Injection Solution; in case of nerve entrapment add Neuralgo-Rheum® Injection Solution to the injection.

Duration: One injection weekly for 3 to 4 weeks or longer until symptoms resolve

Approach C

Product(s) & Dosage: 4cc Traumeel® Injection Solution combined with 5-6cc lidocaine

Application: Injection epidurally

Duration: Two injections between steroid injections to elongate the time between steroid shots or on its own depending on the patient’s co-morbidities

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Treatment Approaches

Bursitis

Approach

**Product(s) & Dosage:** 1 cc of Traumeel® Injection Solution mixed with 1 cc of 0.5% bupivacaine hydrochloride

**Application:** Inject under ultrasound guidance in and around the affected bursal region

**Duration:** Injection may be repeated up to 2 times per week for up to 3 weeks if the symptoms persist

**See Also:**

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Treatment Approaches

Carpal Tunnel Syndrome

Approach A (Carpal Tunnel Injection)

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution

**Application:** When performing a “real” carpal tunnel injection with Traumeel® IS, the needle is inserted 1 cm proximal to the distal wrist flexion crease, just ulnar to the palmaris longus tendon at a 30 degrees angle directly distally and slightly radially (if the palmaris longus is absent, the needle should be directed in line with the ring finger).

**Duration:** One session per week over 2 – 3 consecutive weeks

Approach B (Wrist Fold Injections)

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution for the first three weeks then switch to 2.2 cc Neuralgo-Rheum® Injection Solution for another three weeks.

**Application:** As a first treatment approach, numerous subcutaneous injections can be given in the wrist fold instead of a real carpal tunnel injection.

**Using a 30G x 1/2” needle inject the following:** Week 1-3: Weekly one injection of Traumeel® Injection Solution 2.2 cc injected s.c. in the wrist fold. Week 4-6: Neuralgo-Rheum® Injection Solution 2.2 cc (2 ampules) per week injected s.c. in the wrist fold.

**Duration:** One weekly injection over 6 weeks. First three weeks utilizing Traumeel® Injection Solution, then Neuralgo-Rheum® Injection Solution

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Neuralgo-Rheum Injection Solution is a homeopathic drug indicated for the treatment of nerve pain, soft tissue rheumatism and symptoms of disc protrusion.

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Treatment Approaches

Cervical Pain

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**Lymphomyosot® X** Injection Solution is a homeopathic drug indicated for improvement of lymphatic drainage, the nonspecific immune defense, and conditions such as benign hypertrophy of lymph nodes, chronic tonsillitis, tonsillar hypertrophy and lymphatic edema.

**Neuralgo-Rheum®** Injection Solution is a homeopathic drug indicated for the treatment of nerve pain, soft tissue rheumatism and symptoms of disc protrusion.

**Approach A**

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution combined with 1.1 cc Neuralgo-Rheum® Injection Solution. Add local anesthetic if needed.

**Affected area:** neck

**Duration:** once a week, 4 to 6 weeks

**Approach B (Severe case)**

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution combined with 1.1 cc Neuralgo-Rheum® Injection Solution. If no response is seen after second injection add 1.1 cc Lymphomyosot® X Injection Solution, or for lasting results add one more ampoule of 1.1 cc Neuralgo-Rheum® Injection Solution. Add local anesthetic if needed.

**Affected area:** neck

**Duration:** once a week, 4 to 6 weeks
Treatment Approaches

Pain Due to Fibromyalgia

Approach A

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution mixed with 2.0 cc Spascupreel® Injection Solution and 2.0 cc lidocaine per injection session

**Application:** Trigger point (TP) injections, though designed to relieve myofascial pain syndrome, can provide great benefits to those with fibromyalgia.

Because so many fibromyalgia patients also have myofascial pain syndrome, trigger point injections are becoming more and more an effective option for treating fibromyalgia pain.

Inject 1 cc of this mixture into the 6 most painful trigger points, using a 27G or 30G needle.

**Duration:** One session per week over 2 – 3 consecutive weeks

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Spascupreel® Injection Solution is a homeopathic drug indicated for the relief of spasms of the smooth musculature of the gastrointestinal and the urogenital tract as well as general muscle spasms.

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Treatment Approaches

Hemarthrosis

Approach

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution

**Application:** I.a. injections in the affected knee with Traumeel® Injection Solution

**Duration:** Injections are done on days 1, 4, and 8 after post-traumatic irritation occurs

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Treatment Approaches

Morton’s Neuroma - Acute Pain

Approach A

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution mixed with 1 cc of 0.5% bupivacaine hydrochloride

**Application:** Inject peri-neurally, around the affected nerve

**Duration:** Injection may be repeated every 2 weeks for a month depending upon the patient’s symptoms

Approach B

**Product(s) & Dosage:** 2.2 cc of Traumeel® Injection Solution mixed with 1.5 cc of 0.25% Marcaine

**Application:** Ultrasound guided injections around the affected nerve.

**Duration:** Multiple injections over 2 to 3 weeks depending on symptom development

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Treatment Approaches

**Muscle Strains and Hematomas**

**Approach A (Hematoma)**

**Product(s) & Dosage:** Depending on hematoma size 2.2 to 4.4 cc of Traumeel® Injection Solution

**Application:** I.m. injection of Traumeel® Injection Solution into the area with hematoma.

**Duration:** The treatment can be administered twice a week for two consecutive weeks

**Approach B (Strains)**

**Product(s) & Dosage:** 2.2 to 4.4 cc Traumeel® Injection Solution; if muscle is very tender add 1 cc of Spascupreel® Injection Solution; for immediate pain relief add 1 cc procaine or lidocaine to mixture

**Application:** Multiple i.m. injections to pain zone or trigger points. Depending on affected size 1 to 5 injections in regional muscles each session

**Duration:** 1 weekly session for 2 to 4 consecutive weeks

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Spascupreel® Injection Solution is a homeopathic drug indicated for the relief of spasms of the smooth musculature of the gastrointestinal and the urogenital tract as well as general muscle spasms.

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Treatment Approaches

Plantar Fasciitis - Acute Heel Pain

Approach A

**Product(s) & Dosage:** If pain is more acute, 2.2 cc Traumeel® Injection Solution mixed with 1 to 2 cc of 0.5% bupivacaine hydrochloride or 0.5% marcaine plain

**Application:** Inject into the area of tenderness on the medial plantar aspect of the origin of the plantar fascia

**Duration:** Injection may be repeated once a week for up to 3 weeks

Approach B

**Product(s) & Dosage:** In chronic, intermittent plantar fascial pain, a combination of 2.2 cc Traumeel® and 2.0 cc Zeel® Injection Solutions mixed with 1-2 cc 0.5% marcaine plain is recommended

**Application:** The mixture is given as an injection at the trigger point area of tenderness, around the plantar medial calcaneal tuberosity area of the foot, optimally along with the following acupuncture points: KI 3, KI 4, and KI 5

**Duration:** Injections may be repeated once a week for up to 3 weeks

See Also:


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Treatment Approaches

Musculoskeletal pain, Tendinopathies, Osteoarthritic pain

Prolotherapy and Traumeel® Injection

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Approach A

Product(s) & Dosage: Traumeel® injection 1:1 ratio (1cc dextrose added to 1cc Traumeel® injection, or 2cc dextrose added to 2cc Traumeel® injection & so on)

Affected area: ligaments, tendons, joint capsule, muscles

Duration: follow prolotherapy protocol
Treatment Approaches

Achilles tendinosis, Tennis elbow, Rotator cuff Syndrome, Osteoarthritic pain

PRP, Traumeel® and Zeel® Injection

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Traumeel® Injection Solution is a homeopathic drug indicated for the treatment of injuries, inflammatory and degenerative conditions of the musculoskeletal system and for the relief of associated symptoms such as pain.

Zeel® Injection Solution is a homeopathic drug indicated:
• As a mono-therapy, for the treatment of arthrosis/ osteoarthritis, and/or rheumatic joint diseases and for the relief of symptoms such as pain and joint stiffness.
• In combination with Traumeel® Injection Solution, for the treatment of inflammatory and degenerative conditions of the musculoskeletal system, such as arthrosis /osteoarthritis and/or rheumatic joint diseases, and for the relief of symptoms including pain, swelling, and joint stiffness.

Approach A

Product(s) & Dosage: Traumeel® injection & Platelet Rich Plasma (Up to 3cc PRP add 1 vial of Traumeel®, more than 3cc add 2 vials of Traumeel®)

Affected area: ligaments & tendons

Duration: follow PRP protocol

Approach B

Product(s) & Dosage: Traumeel® injection, Zeel® Injection & Platelet Rich Plasma (Add 1 vial of Traumeel® and 1 vial of Zeel® to PRP solution)

Affected area: joints

Duration: follow PRP protocol
Treatment Approaches

Aesthetics

PRP, Traumeel® and Lymphomyosot® Injection

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Traumeel® Injection Solution is a homeopathic drug indicated for the treatment of injuries, inflammatory and degenerative conditions of the musculoskeletal system and for the relief of associated symptoms such as pain

Lymphomyosot® X Injection Solution is a homeopathic drug indicated for improvement of lymphatic drainage, the non-specific immune defense, and conditions such as benign hypertrophy of lymph nodes, chronic tonsillitis, tonsillar hypertrophy and lymphatic edema.

Approach A

**Product(s) & Dosage:** Traumeel® injection, Lymphomyosot® Injection & Platelet Rich Plasma (Add 1 Vial of Lymphomyosot® and 1 vial of Traumeel® to PRP solution)

**Affected area:** facia

**Duration:** follow PRP protocol
Treatment Approaches

Rotator Cuff Syndrome

Approach

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution alone or mixed with an anesthetic (e.g. 1-2 cc lidocaine)

**Application:** A lateral approach is generally used, though other approaches have been described. A 20-25G, 1.5” needle is suitable for this approach. Traumeel® Injection Solution can be intermixed with lidocaine in the same syringe. Image guided injections are more accurate, but also require a skilled clinician who is familiar with the technique and equipment.

**Duration:** Once a week for three consecutive weeks

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Traumeel® Injection Solution is a homeopathic drug indicated for the treatment of injuries, inflammatory and degenerative conditions of the musculoskeletal system and for the relief of associated symptoms such as pain.

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Sports Medicine Protocols

**Hematomas**

Depending on hematoma size 2.2 to 4.4 cc of Traumeel® Injection Solution. I.m. injection of Traumeel® Injection Solution into the area with hematoma. The treatment can be administered twice a week for two consecutive weeks.

**Strains**

2.2 to 4.4 cc Traumeel® Injection Solution; if muscle is very tender add 1 cc of Spascupreel® Injection Solution; for immediate pain relief add 1 cc procaine or lidocaine to mixture. Multiple i.m. injections to pain zone or trigger points. Depending on affected size 1 to 5 injections in regional muscles each session. 1 weekly session for 2 to 4 consecutive weeks.

**Plantar Fasciitis - Acute Heel Pain**

If pain is more acute, 2.2 cc Traumeel® Injection Solution mixed with 1 to 2 cc of 0.5% bupivacaine hydrochloride or 0.5% marcaine plain. Inject into the area of tenderness on the medial plantar aspect of the origin of the plantar fascia. Injection may be repeated once a week for up to 3 weeks.

In chronic, intermittent plantar fascial pain, a combination of 2.2 cc Traumeel® and 2.0 cc Zeel® Injection Solutions mixed with 1-2 cc 0.5% marcaine plain is recommended. The mixture is given as an injection at the trigger point area of tenderness, around the plantar medial calcaneal tuberosity area of the foot, optimally along with the following acupuncture points: KI 3, KI 4, and KI 5. Duration: Injections may be repeated once a week for up to 3 weeks.

2.2 cc Traumeel® Injection Solution mixed with 1cc Lymphomyosot® to stimulate local lymphatic drainage in the affected area, and 3 cc 0.5% lidocaine. Inject mixture s.c. multiple spots around the painful area in a fan shaped distribution (approx. 1-1.5 cc of the mixture per spot). Once a week for up to 3 consecutive weeks.

**Rotator Cuff Syndrome**

2.2 cc Traumeel® Injection Solution alone or mixed with an anesthetic (e.g. 1-2 cc lidocaine)

A lateral approach is generally used, though other approaches have been described. A 20-25G, 1.5” needle is suitable for this approach. Traumeel® Injection Solution can be intermixed with lidocaine in the same syringe. Image guided injections are more accurate, but also require a skilled clinician who is familiar with the technique and equipment. Once a week for three consecutive weeks.

**Tendonitis**

A combination of 1.1 cc of Traumeel® Injection Solution mixed with 1.0 cc of Zeel® Injection Solution and 1 cc of 0.5% marcaine plain. Administered s.c. directly into the inflamed thickened fibrotic area of the tendon sheath in a fan-shaped manner, also employing the appropriate acupuncture points involved with a specific tendon. Injections may be repeated once a week for up to 3 weeks depending on symptoms.

2.2 cc Traumeel® Injection Solution mixed with 1 cc of 0.5% bupivacaine hydrochloride inject mixture s.c. in a fan shaped manner above the inflamed tendon sheath in multiple points. Apply cold therapy to the inflamed tendon in the first 48 hours after injury. Injections may be repeated once a week for up to 3 weeks depending on symptoms.
**Achilles Tendon Pain**

2.0 cc Zeel, 2.0 cc Lymphomyosot® Injection Solution and 1-2 cc lidocaine for two weeks (mixture 1), then switch to a mixture of 2.2 cc Traumeel® Injection Solution and 1-2.0 cc lidocaine for additional 2 weeks (mixture 2). Inject Achilles s.c. in a retrograde fashion right along the tendon. Apply mixture 1 twice a week for two weeks; then mixture 2 twice a week for additional 2 weeks.

1 cc Traumeel® Injection Solution mixed with 2 cc xylocaine, and 0.5 cc wydase (Hyaluronidase®). Using a 30G needle inject between the sheath and the tendon to accomplish fluid adhesiotomy in the area. If swelling is present, 1 cc Lymphomyosot® Injection Solution can be added to the mixture. Inject once a week for 3 to 4 weeks.

**Bursitis**

1 cc of Traumeel® Injection Solution mixed with 1 cc of 0.5% bupivacaine hydrochloride. Inject under ultrasound guidance in and around the affected bursal region. Injection may be repeated up to 2 times per week for up to 3 weeks if the symptoms persist.

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Treatment Approaches

Joint Injuries & Arthritis

Stem cell therapy and Traumeel® Injection

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**Approach A**

**Product(s) & Dosage:** Traumeel® injection, & Stem cells (Add 1 or 2 vials of Traumeel® based on the volume to stem cells, limited experience)

**Affected area:** muscle, tendon, ligament, meniscus, cartilage, and bone.

**Duration:** follow stem cell protocol
Treatment Approaches

Tendinopathies

Approach A (Tendonitis)

Product(s) & Dosage: A combination of 1.1 cc of Traumeel® Injection Solution mixed with 1.0 cc of Zeel® Injection Solution and 1 cc of 0.5% marcaine plain.

Application: Administered s.c. directly into the inflamed thickened fibrotic area of the tendon sheath in a fan-shaped manner, also employing the appropriate acupuncture points involved with a specific tendon. Duration: Injections may be repeated once a week for up to 3 weeks depending on symptoms

Approach B (Tendonitis)

Product(s) & Dosage: 2.2 cc Traumeel® Injection Solution mixed with 1 cc of 0.5% bupivacaine hydrochloride

Application: Inject mixture s.c. in a fan shaped manner above the inflamed tendon sheath in multiple points. Apply cold therapy to the inflamed tendon in the first 48 hours after injury. Duration: Injections may be repeated once a week for up to 3 weeks depending on symptoms

Approach C (Achilles Tendon Pain)

Product(s) & Dosage: 2.0 cc Zeel, 2.0 cc Lymphomyosot® Injection Solution and 1-2 cc lidocaine for two weeks (mixture 1), then switch to a mixture of 2.2 cc Traumeel® Injection Solution and 1-2.0 cc lidocaine for additional 2 weeks (mixture 2)

Application: Inject Achilles s.c. in a retrograde fashion right along the tendon. Duration: Apply mixture 1 twice a week for two weeks; then mixture 2 twice a week for additional 2 weeks

Approach D (Achilles Tendon Pain)

Product(s) & Dosage: 1 cc Traumeel® Injection Solution mixed with 2 cc xylocaine, and 0.5 cc wydase (Hyaluronidase®)

Application: Using a 30G needle inject between the sheath and the tendon to accomplish fluid adhesiotomy in the area. If swelling is present, 1 cc Lymphomyosot® Injection Solution can be added to the mixture. Duration: Inject once a week for 3 to 4 weeks
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