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S.W.A.G.

Shock Wave combination
Acupuncture according to
Dr. Germann

The idea behind

S.W.A.G. combines two different methods, namely:

1. Chinese acupuncture - the age old traditional therapy.
2. Shock wave therapy - the scientifically well proven high-tech method of western medicine.

**Which diseases can be
treated by S.W.A.G. ?**

Most kinds of pain
in the musculoskeletal
system.

Due to its double track approach S.W.A.G. improves the effect of single acupuncture as well as that of single shock wave treatment.

A pinch of physics,
but not to much.

Shock waves

are a very short sound impulses which can transmit rather huge amounts of energy.

Two different kinds of shock waves are used in medicine - radial and focussed shock waves.

In S. W. A. G. we use radial shockwaves.

In 2012 my multicentre study on S.W.A.G. was presented at the WFAS world conference.

It covered 267 patients with more than 2500 therapy sessions.

Tools needed for S.W.A.G.

Points used in S.W.A.G.

1. Acupuncture points
2. Tender points
3. Trigger points
4. Acupuncture – tender - trigger points

(4. means that these points at the muscular skeletal system have the properties 1 - 3 simultaneously)

1. The acupuncture point

is well defined in TCM.

When shock waves hit such an acupuncture point, they stimulate it in the same way as the needle does.

2. The tender point (Myogelosis)

is a hard, palpable structure in the muscle where muscle fibres are contracted.

This contraction causes pain.

3. The trigger point (Myogelosis)

is nothing else but a tender point that has a second property: if stimulated – either by needle, finger or shock wave - a referred pain is felt at a distant region.

At this point shock waves sooth the pain locally and in the „referred“ area as well.

Trigger and tender points are simultaneously often acupuncture points(appr. 75%). Many points have all three characteristics simultaneously. They are called

acu/tender/trigger points

These points are of crucial importance in S.W.A.G.

Physiology of tender points (Myogelosis)

A myogelosis is described as a circumscribed palpable, usually pressure painful hardening of a muscle.

At the center of a myogelosis we find a clearly measurable oxygen deficiency and electromyographically no indications of muscle activity.

The main pathologic reasons of myogelosis is hypoperfusion which leads to local accumulation of acidic muscle metabolites or mechanical impedement.

We find enlarged muscle cells, which induce in consequence more metabolic changes.

If shock waves hit such an

acu/tender/trigger point

shock waves cause the following effects:

1. Direct local shock wave effect.
2. Stimulation of the acupuncture point.

Carrying out S.W.A.G.

Shock waves:

Examine the painful region of your patient physically and define the tender or trigger points you want to use by palpation.

Shock waves are then applied on these tender- trigger points, regardless if these are simultaneously acupuncture points at or not. On the **local** acupuncture points, selected by TCM, the shock wave is equally applied.

Remember: Locally we use the shock waves to stimulate the acupuncture point!

Acupuncture:

Establish a TCM- diagnosis and define the acupuncture points you want to use.

Some of the distant acupuncture points, selected according to this diagnosis, are needled traditionally.

A short reminder:

1. If palpated local tender/trigger points are acupuncture points at the same time, or if you chose some other local acupuncture points according to TCM **only use the shock wave** on these points.
2. On mere local tender/trigger points **only use the shockwave.**
3. On mere and distant acupuncture points **use only the needle.**

Do not forget!

In S.W.A.G. the shock waves
substitute the acupuncture needles
at acu/tender/trigger points

completely

How to do it

2 x 100 shock wave pulses on each selected point. Average 2000 - 3000 pulses per session.

Pulse frequency 5 to 15 Hz.


Pressure 1 to max 3 Bar

Selected near and distant acupuncture points are needled according to TCM.

Needles remain for 20 minutes.

Two needles in the corresponding ear points.

Demonstration of a shock wave treatment

The background features several light gray, wavy, horizontal lines that sweep across the lower half of the slide, creating a sense of motion or a shock wave.

Advantages for the patients

1. The method is almost entirely free of side effects.
2. The effect is very good, very fast and lasting for a considerable time.
3. Fewer needles are needed at sometimes uncomfortable local acupuncture points.

A remarkable number of patients report better pain relief in comparison to mere acupuncture and mere shockwave therapy.

Astonishing is, that patients with shoulder arm syndrome and epicondylitis, especially epicondylitis ulnaris, which are difficult to treat, have a good pain relief with S.W.A.G.

Benefits for the doctors

1. Good therapeutic results and patient's satisfaction.
2. S.W.A.G. is easy to learn, it is very safe and has practically no side effects.
3. Low capital investment in equipment and training.
4. Quick payback of the financial investment.

Conclusion

S.W.A.G. provides fast, long lasting and significant pain reduction.

Encouraging is the rapid start and the long duration of this reduction. In the opinion of **patients as well as doctors**

S.W.A.G. is a remarkable step forward in the treatment of pain in the muscular-skeletal system.

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