

Abstract 22.03./2013

New improvements in S.W.A.G. - Shock-wave combination acupuncture according to Dr. Germann

At the WFAS World conference at Sao Paulo the author presented an observational study on "S.W.A.G." - Shock Wave Combination Acupuncture according to Dr. Germann. S.W.A.G. is a method of treating musculoskeletal pain and bridges the gap between modern, apparatus assisted medicine and the millennia- old Traditional Chinese Medicine (TCM).

Details in short: S.W.A.G. is a combination of shock waves on painful, local points with traditional needle acupuncture of influential acupuncture points selected according to TCM. The local pain points can be either tender, trigger or acupuncture points. Many of these points, however, have the capacity of being tender, trigger, and acupuncture points at the same time.

In the study 270 patients were examined. Included were: HWS -, lumbar spine (Shaoyang-Taiyang axle), shoulder arm syndrome, epicondylitis radialis and ulnaris, gonarthrosis and coxarthrosis. Pain was measured using a numerical analogical pain scale from 1 to 10 on the NAS. The maximum treatment duration was 7 weeks, shorter if the treatment was successful earlier. A final survey was conducted after 3 months.

Results: Averaged over all diagnoses pain relief was from 6.7 to 2.1 on the NAS. This suggests that S.W.A.G. is very successful in reducing pain.

In the last two years many hundreds of patients have been successfully treated by S.W.A.G. The author interviewed doctors that took part in the study. The result was, that most of them still used S.W.A.G. with remarkable results in their clinics.

Even though the therapy seems to be very effective, the author worked out a different therapeutic scheme to improve the results. The treatment was altered and 200 shock waves instead of 20 as in the study, were applied at the local points. Patients reported a much better pain relief and the impression of the author confirms this relief of pain. While this abstract is written, a new observational study is being prepared to verify this only preliminary and subjective impression. It will be presented at the WFAS world conference next year.