

*MVZ Chimanos, Berlin, Germany.*

### **Introduction**

For several years, the treatment of myofascial pain syndromes has been carried out using extracorporeal shock wave therapy. Here, painful points in the muscle, possibly myofascial trigger points, are treated with focused shock wave therapy or radial pressure waves in order to achieve a resolution of the painful muscle hardenings. For this purpose, the excellent work of C. Stecco should be consulted, especially her research on fascia as a pain generator. Established shock wave users such as Dr Hannes Müller-Ehrenberg and Dr Kwangsun Park have shown a reduction of stiffness and increased mobility of the fascia in the treated area and therefor gained success in pain relief. The hardening of the muscle with the resulting painful points in the muscle is followed in the Munich-classification according to Müller-Wohlfahrt in stage 2a and 2b. Here, in the neurophysiological representation of the MWE, School of Manual Medicine, a segmental protective reflex is found as the basis for nociceptively controlled muscle hardening. This increase in muscle-tone remains or is regularly restored as long as the triggering reflex pattern persists. The trigger here is a disturbed joint play in the area of the peripheral or vertebral joints. The basis of manual medicine is the restoration of joint play to lower the excitation level in the wide dynamic range neuron in the posterior horn of the spinal cord.

### **Discussion**

A touching medicine can reduce the nociceptive influences under excitation of the proprioceptors and thus achieve a tonus reduction. Here the Nobel laureates of 2021, David Julius and Ardem Patapoutian, showed the necessary basis with the description of the receptors for temperature and touch. It now appears that under the combination of manual medicine with recovery of joint play and interruption of the protective reflex pattern with local myofascial treatment of local trigger points and muscle hardening in the painful area, a useful combination can be found for the treatment of myofascial pain syndromes.

**Technology:** Combination of Manual Medicine and Radial Pressure Waves (EMS), as well as Focused Shockwave (MTS).

**COI:** No conflict of interest'.

*25<sup>th</sup> ISMST Congress Daegu, Korea, 2023.*

Study Performance: **OW100**