

The homeopathic preparation Traumeel® S ointment compared with 1% diclofenac gel for acute symptomatic treatment of tendinopathy

Christian Schneider, MD; Peter Klein, Dipl-Math; Pelle Stolt PhD; Menachem Oberbaum, MD

Abstract

Context: The incidence of tendon injuries and tendinopathy has risen substantially in the past decades.

Objectives: To assess the non-inferiority of therapy based on the homeopathic preparation Traumeel® S ointment (Heel GmbH, Baden-Baden, Germany) compared with treatment based on diclofenac 1% gel in patients with tendinopathies of varying etiology.

Design: Non-randomized, observational study.

Setting: Ninety-five homeopathy and conventional medical practices in Germany.

Patients: Three-hundred and fifty-seven aged 18-93 years with tendinopathy of varying etiology based on excessive tendon load rather than inflammation.

Interventions: Traumeel® S ointment or diclofenac 1% gel for a maximum of 28 days.

Main Outcome Measures: Efficacy was measured on a four-degree scale on pain-related variables, variables related to motility, and on overall treatment outcome. Tolerability was monitored as adverse events. Compliance was assessed by practitioner and patient on a four-degree scale.

Results: The patients groups were comparable at baseline. The changes in summary score of all pain-related variables were -5.3 ± 2.7 (all values means \pm SD) in the Traumeel group and -5.0 ± 2.7 in the control group. Changes for all motility-related variables were -4.2 ± 3.8 with Traumeel and -3.7 ± 3.4 with control therapy. The summary scores for all clinical variables were reduced by -9.5 ± 5.7 with Traumeel therapy and by -8.7 ± 5.4 with diclofenac-based treatment. Homeopathic therapy was non-inferior to diclofenac therapy on all variables. For motility-related variables there was a trend towards superiority of Traumeel. Treatments were well tolerated with no treatment-related adverse events.

Conclusions: The results indicate that Traumeel® S ointment is an effective alternative to NSAID therapy for the acute symptomatic treatment of patients with tendinopathy.