Use of Dolaren Emulgel® in resolution of old contractures

In daily practice, muscular contractures are one of the main causes that lead people to a physiotherapy centers, particularly those that affect the upper trapezius, the sternocleidomastoid muscle and the lumbar para-vertebral muscles.
The *recent contractures* date back to 3-5 days after the accident and they can be easily treated with massotherapy or deep massages. The contractures present since long time (*old contractures*) date back to several months before and they are more difficult to treat. In this case, when people come to the physiotherapy centre long time after the accident, massotherapy doesn't lead to any resolution and it results necessary to use diathermy or Tecar therapy. This paper highlights how the use of ultrasounds associated with the application of Dolaren® allow in few sessions (2-5) the resolution of old contractures that the Tecar Therapy doesn't.

I clinical case – Woman, Ukrainian nationality, 40 years old, employee of the University cafeteria

The patient arrives to the studio complaining of dorsodynia on the right paravertebral and on the right upper trapezius; The resonance shows a glenohumeral arthrosis at an early stage, consequently the adjacent musculature, affected by this problem, contracts. By palpation the patient seems to have a discrete contracture, approximately of 7 centimeters, on the dorsal paravertebrals and, in the cervical region, a painful condition on the upper trapezius and on the sternocleidomastoid muscle impedes the patient to rotate the head easily. The case history reveals that the contracture at the dorsal level dates back almost to 3 years before and it has been treated with Tecar therapy many times in other physiotherapy centers. The patient is prescribed to apply Dolaren® three times a day on the dorsal area and the following day she starts the therapy cycle with free handpiece ultrasounds using Dolaren® mixed with the gel used for the ultrasounds (proportion Dolaren/gel 1:3).

ERBAGIL s.r.l.
Iscritta al registro imprese di Benevento
Codice Fiscale, Partita IVA e n. iscrizione al registro imprese: 01468980626
sede sociale: via L. Settembrini, 13 – 82037 Telese Terme (BN) – Italy
R.E.A. n.122907 – capitale sociale: € 10.000,00 interamente versati
Tel.: +39 0824.975980 – Fax: +39 0824.865004
e-mail: info@erbagil.com - website: www.erbagil.com - PEC: erbagil@pec.it

The session lasts 20' using the ultrasounds in pulsed mode at 1.9-20mw/cmq.
At the end of the session, localized massotherapy. After the second session, by palpation seems to be a notable reduction of the contracture and the patient refers to feel her back less streched. Already at the third session, the contracture can't be perceived by palpation; same procedure has been adopted for the contracture on the trapezius.

II clinical case – Man, Italian nationality, 43 years old, freelance professional, sportsman.

The patient comes to the studio because of a low back pain. The palpation indicates an extended contracture on the left lumbar paravertebral block.
The history case reports that 9 months before he has had a lumbosciatica that has been treated using medicine in a wrong way. The problem has already been treated with Tecar therapy in other physiotherapy centers but without good results. For almost 30 days he has not been practicing any sport activities because they cause pain to him. The patient is recommended to apply Dolaren® three times a day and to use the hot water bottle to relax the contracted muscle.
The treatment plan is the same used in the first case. In this case the musculature is much more developed and the contracture deeper and more extended.
After 5 sessions the contracture reduces considerably, the patient restarts to practice sport activities and every ten days he undergoes tension-relieving massages.

III clinical case – Woman, Italian nationality, 37 years old, flight assistant.

The patient arrives to the studio complaining of a severe pain to the middle and upper trapezius. The case history reveals that the pain has been present for several months, during working hours there is the air conditioning so temperatures are quite low.

She has not started a physiotherapy cycle yet because of the kind of job, that does not allow her to commit to therapy for medium-long time.
The only remedy is myorelaxant and anti-inflammatory-based pharmacological cure. Depending on her commitment we organize two Ultrasounds sessions for the following days and, if necessary, for the next time she will be in Pisa again after almost 10 days. The palpation highlights two quite several contractures: the first on the upper trapezius, near the inferior belly of homohyoid muscle, and the other at dorsal level on the medial surface of the scapula. Therapeutic plan provides Ultrasounds and the use of Dolaren® mixed with the specific gel for electro-medical devices. In this case, after the two sessions of ultrasounds, on the upper trapezius and on the large dorsal muscle has been applied Kinesio Tape. During the following visit, after 13 days, the patient reports the fact that the pain is not much severe anymore and, removing Kinesio Tape, musculature presents just a tolerable contracture on the dorsal area.

As it appears clear, Dolaren® is an excellent decontracting product particularly indicated in muscular injury. The combination ultrasounds + Dolaren® reveals to be really successful and extremely efficient.

RICERCA & SVILUPPO
ERBAGIL SRL
ERBAGIL SRL Benevento Dott.ssa Gilda

In collaboration with
Leaning Tower of Pisa
Physiotherapy center

ERBAGIL s.r.l.
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Codice Fiscale, Partita IVA e n. iscrizione al registro imprese: 01468980626
sede sociale: via L. Settembrini, 13 – 82037 Telese Terme (BN) – Italy
R.E.A. n.122907 – capitale sociale: € 10.000,00 interamente versati
Tel.: +39 0824.975980 – Fax: +39 0824.865004
e-mail: info@erbagil.com - website: www.erbagil.com - PEC: erbagil@pec.it