Fascial distorsion techniques according to Typaldos for patients with chronic musculoskeletal and postsurgical pain-syndrome

Friederike Jandl, MD¹; Anna Krug, MD¹; Ingrid Riener, MD¹; Tatjana Paternostro-Sluga, MD PhD¹

¹) Department of Physical Medicine and Rehabilitation, Danube Hospital, Vienna Hospital Association, Langobardenstr. 122, 1220 Vienna

Objective:

The aim of the study was to examine the treatment effect of fascial distortion techniques according to Typaldos in patients with chronic musculoskeletal pain syndromes as well as patients after surgery to relief pain.

Design: retrospective, descriptive

Material and Methods:

13 patients (2 men, 11 women, $\bar{x}$ = 48.7 y) with chronic musculoskeletal pain syndromes (> 3 months) and patients after orthopedic surgery were included.

The painful area of the body was treated with fascial distortion techniques according to Typaldos.

2 treatment sessions were performed within an average interval of 2 weeks.

Outcome measurement:

Pain intensity according to the visual analog scale (VAS 0-10) was assessed before start of treatments as well as on average 10 to 14 days after the 1st and 2nd treatment.

Results:

All patients showed improvement. The average improvement for patients with chronic pain syndromes between baseline and 1st follow up was 20.8%, between baseline and 2nd follow up 48.2%. The average improvement for patients after surgery between baseline and 1st follow up was 53.3%, between baseline and 2nd follow up 72.2%.

Conclusion:

Fascial distorsion techniques could improve pain intensity in chronic as well as postsurgical musculoskeletal conditions.

Contact information:

friederike.jandl@wienkav.at,
tatjana.paternostro-sluga@wienkav.at