

Traumeel® as effective as diclofenac in acute ankle sprain¹



Full title

A Randomized, Controlled, Multicenter Study on the Efficacy of Traumeel® S (Both Ointment and Gel) in Terms of Pain and Function Compared With a Topical NSAID in Athletes With Acute Ankle Sprain (TAASS: Traumeel® Acute Ankle Sprain Study)



Objective

To test whether Traumeel® (ointment and gel) is non-inferior to diclofenac gel 1% in the treatment of acute ankle sprain



Participants

449 physically active men and women (18–40 years of age), who had sprained an ankle within the past 24 hours and had moderate to severe pain, were recruited from 15 study centers



Design

Multicenter, non-inferiority, blinded, randomized controlled trial

INTERVENTIONS

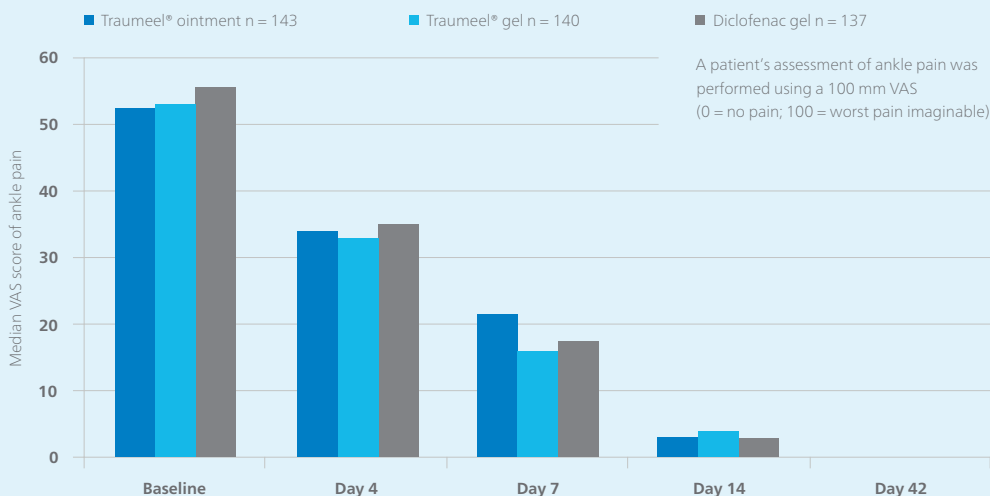


Traumeel®
(ointment and gel)



Diclofenac gel 1%

Pain reduction after treatment



– Traumeel® ointment and gel were as effective as diclofenac gel 1% in: reducing pain, improving physical function, reducing swelling, and time to return to normal function in individuals with ankle sprain.

– By day 7, patients reported over 60% reduction in pain.

– Reductions in VAS pain score were over 93% on day 14 and total pain relief (100%) was reported by all patients at 6 weeks.

– Traumeel® ointment and gel were safe and well tolerated.