November 12th to 14th 2012, Harrogate, United Kingdom PUNCH TAPE: A NEW AND RELIABLE WAY TO TREAT LYMPHOEDEMA. CASE STUDY AUTHORS: CARLOS VILLARON CASALES₁ AND INMACULADA CONEJO TIRADO₂

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Introduction:

Medical Taping Concept (MTC), which originated in Japan, uses an elastic bandage to influence muscles, joints and nervous system and improve the lymphatic and blood circulation. This way it helps the body to recover its self-healing capacity.

Punch-Tape is a type of tape riddled with holes in an asymmetric attern that creates different tension lines within the same piece of tape. This has a major effect on the superficial fascia, neuro-lymphatic system and analgesic response (endorphins), draining haematoma and edema.

The hypothesis of this study is to verify the efficacy of the treatment with Punch-Tape in lymphoedema, both in the development phase and maintenance phase of the pathology.

The objective is to demonstrate that this new method can be very useful because of its results, high patient acceptance and ease of application, it can therefore complement traditional treatments.

Method:

The patient used for this study was a 54-year-old woman, who had a modified radical mastectomy and removal of left underarm lymph nodes due to a breast cancer in stage T4b N2 M0. She was undergoing physical treatment, including manual lymphatic drainage (MLD), multilayer bandage and exercises.

Photos 1 and 2:

Photograph of the



patient in the initial phase of treatment



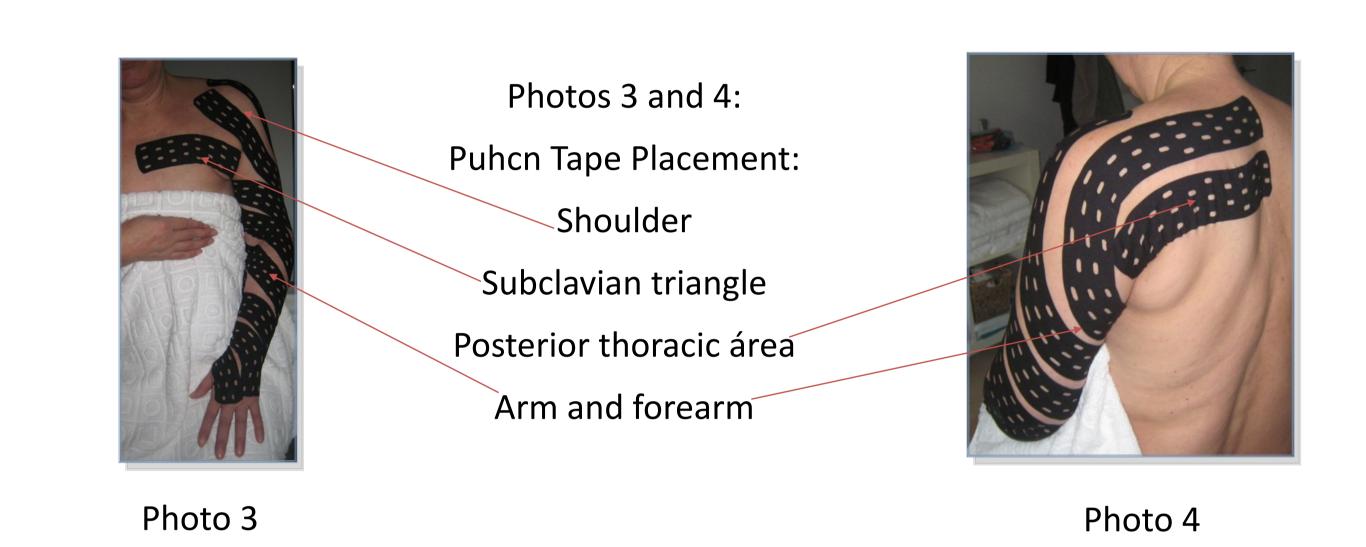
Photo 2

In the first stage we combined the traditional treatment and Punch Tape in the following manner:

In the maintenance phase, the treatment was applied every 10 days, with manual lymphatic drainage. Then the punch was applied and a multilayer bandage over that. After 24 hours the multilayer bandage was removed, only the Punch Tape remained until the next session. Currently, the patient is in maintenance stage and only the punch tape remains.

Method:

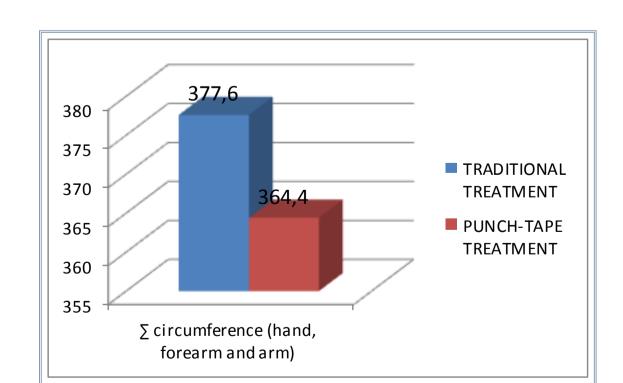
The first tape was applied from the subclavian triangle, the second one from the top of the shoulder and the last one from the posterior thoracic area: all of them ending around the wrist and the hand. As reinforcement, two strips were added to the bandage, one from the front part of the thorax to the underarm area and the other from the posterior thoracic area to the posterior part of the axilla.

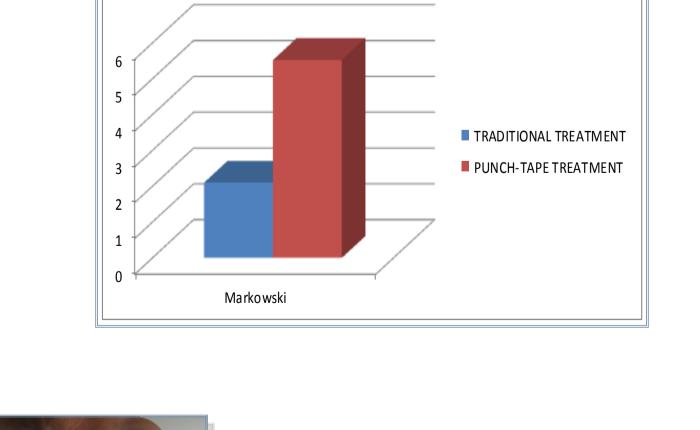


The volume changes were evaluated using the Markowski mula: (Σ pre-treatment circumference - Σ post-treatment circumference x100 / Σ pre-treatment circumference)

Reculto

In the traditional treatment (manual lymphatic drainage, multilayer bandage and exercises) the sum of the measurements of the circumferences (hand, forearm and arm) was 377,6 and the Markowski rate was 2,10. Using the Punch-Tape treatment, the results were better: the sum of the measurements of the circumferences was 364,4 and the Markowski rate was 5,52. The patient progressed favorably in all the variables measured.





Discussion:

Medical Taping Concept (MTC), which originated in Japan, uses an elastic The first tape was applied from the subclavian triangle, the second one We believe that the Punch-Tape treatment can be an alternative way to the bandage to influence muscles, joints and nervous system and improve the from the top of the shoulder and the last one from the posterior thoracic traditional treatments for the following reasons:

It doesn't only maintain the results gained with the traditional treatment but it improves the results in the short, medium and long term.

It can be applied every seven or ten days, which is very handy for patients, and has a better acceptance.

The relation between cost and efficiency is higher than using other treatments and it is an easy therapy to apply for a therapist who has minimal knowledge

Conclusion:

The Punch-Tape in lymphoedema is a completely new treatment, and despite the good results obtained in this case, more lines of investigation must be opened to improve and optimize the use of this method, not only in lymphoedema but in other edema related pathology and return circulation problems.

2 Photos of Punch-Tape





Punch-Tape application consisted of three strips placed along the length of the affected arm in a spiral

Punch Tape is an EU registered Class I Medical Device



Photos 5 and 6:

Photograph of the patient in the final phase of treatment

The tree shows a particular tree approximation and the shows a particular tree approximation and tree approximatio

The patient did not completely tolerate the traditional treatment but she accepted the new treatment well. She declared that she felt better and safer with this treatment. Besides, the effects after the Punch-Tape application last longer.

Acknowledgements:

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