

PUNCH TAPE, A NEW WAY TO TREAT LYMPHEDEMA.

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Introduction:

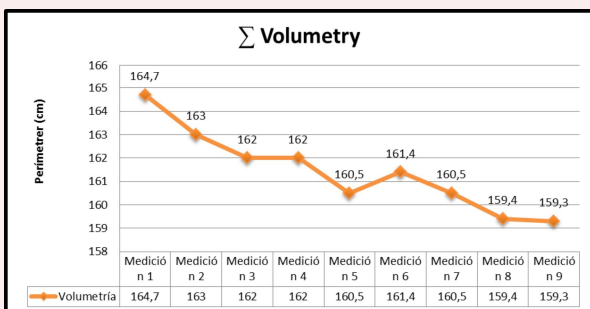
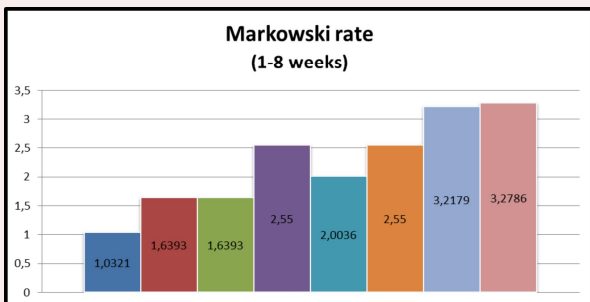
Punch-tape is a type of Tape riddled with holes in an asymmetric pattern that creates different tension lines within the same piece of tape. This makes a major effect on the superficial fascia, neuro-lymphatic system and analgesic response (endorphins), draining haematoma and edema¹.

The hypothesis of this study is to verify the efficacy of the treatment with punch in lymphedema, both in development phase and maintenance phase of the pathology².

The objective is to demonstrate that this new method can be very useful, because of its results, its high patient's acceptance and its easy application way; so it can complement traditional treatments.

Results:

The volume changes were evaluated using the Markowski formula: $(\sum \text{pre-treatment circumference} - \sum \text{post-treatment circumference}) \times 100 / \sum \text{pre-treatment circumference}$ and Volumetry control.



Material and method:

The patient used for this study was a 61-year-old woman, with right Lumpectomy. The material used was "Punch Tape" (Cure Tape®), is an EU Registered Class I Medical Device



Currently, the patient only the punch tape is used in her treatment, the treatment with punch was applied every 7 days, previously to application the patient has been evaluated in middle finger, hand, wrist, 5 cm over wrist, forearm and 10, 15 and 20 cm over olecranon³.



Punch-tape application consisted of three strips placed along the length of the affected arm in spiral. The first one 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 hand⁴.



Conclusion

The Punch-tape in lymphedema 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 lymphedema but in other edema related pathology and return circulation problems.

Bibliography:

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