

CASE STUDY:

Peri-Incisional Pain (Pillar Pain) after Carpal Tunnel Release



Patient Description

Sixty-year-old female. Sous chef.

Patient History

Patient presented initially with numbness and tingling in her right hand. Nerve studies revealed carpal tunnel syndrome requiring surgical intervention. After an open carpal tunnel release, her symptoms resolved and she returned to work, where she was asked to continue cutting more than three hundred (300) avocados per day for four (4) weeks. Patient then developed severe burning pain, swelling, induration and redness at the incision site.

Product Used for Treatment

AquaRoll® PRO

Treated Extremity

Right carpal canal

Treating Physician

Stephen Alex, MD | Miami, FL USA

Treatment

- Once daily, three (3) times per week for eight (8) weeks
- Twelve (12) minute sessions
- Warm water - ninety-five (95) degrees Fahrenheit
- Rotation speeds of thirty-eight to forty-three (38-43)

Follow-Up

After twenty-three (23) sessions over eight (8) weeks, the intense pain, swelling and induration at the incision site completely resolved and redness was markedly reduced. The patient returned successfully to full-duty work.

One year post-operative visit revealed patient continued to function at full-duty capacity as a sous chef without complaints and was discharged.



Prior to first AquaRoll® treatment.



Eight (8) weeks post-AquaRoll® treatment.