

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.

CASE STUDY:

Distal Radius Fracture (Osteotomy)



Patient Description

Fifty-seven-year-old female. Physical laborer.

Patient History

Patient presented with extreme pain, very limited range of motion of the wrist and fingers - five (5) degrees volar flexion and five (5) degrees dorsiflexion, with loss of pulp to palm pinch by four (4) centimeters. A previous distal radius fracture was treated non-operatively and had resulted in a mal-union. Surgery by the treating physician involved an osteotomy to correct the deformity and a left carpal tunnel release. Patient attended occupational therapy for three (3) months, with little change and pain levels remained at a reported constant eight out of ten (8/10). Hypertrophic scarring developed post-operatively.

Product Used for Treatment

AquaRoll® PRO

Treated Extremity

Left wrist and carpal canal

Treating Physician

Stephen Alex, MD | Miami, FL USA

Treatment

- Beginning three (3) months post-operative.
Once daily, three (3) times per week for ten (10) weeks
- Twelve (12) minute sessions
- Warm water - Ninety-five (95) degrees Fahrenheit
- Rotation speeds of forty-eight to sixty (48-60)

Follow-Up

At four (4) months, post-thirty (30) AquaRoll® treatment sessions, Patient had regained good functional range of motion - fifty (50) degrees of volar flexion and fifty-two (52) degrees of dorsiflexion - and was able to establish pulp to palm pinch. Pain had lessened substantially to an intermittent three out of ten (3/10). Scarring was markedly reduced. Patient returned to work.



Three (3) months post-operative.
Prior to initial AquaRoll® treatment session.



Post thirty (30) AquaRoll® treatment sessions.

CASE STUDY:

Edema in the feet and ankles during the 3rd Trimester of Pregnancy



Patient Description

28-year-old female

Patient History

Patient presented with a history of Diabetes mellitus and swelling, numbness, and fatigue in the lower extremities. Patient was in her eighth (8th) month of pregnancy.

Product Used for Treatment

AquaRoll® A2S1

Treated Extremity

Right and Left lower distal extremities

Treating Physician

Stephen Alex, MD | Miami, FL USA

Treatment

- Once daily, three (3) times per week for one (1) week
- Fifteen (15) minute sessions
- Warm water - ninety-five (95) degrees Fahrenheit
- Rotation speeds of fifty to fifty six (50-56)

Follow-Up

After one (1) AquaRoll® session, the pain and swelling was markedly reduced. Patient continued treatment, with a total of three (3) sessions in a one (1) week period. Patient returned to normal activities, including extended periods of standing and walking without discomfort.



Prior to first AquaRoll® treatment.

After first AquaRoll® treatment.



Prior to first AquaRoll® treatment.

After three (3) AquaRoll® treatments.