

Vascular disease and pain: Therapeutic possibilities

Di Felice P A, Saggini R, Barassi G, Prosperi L and Bellomo R G
G. d'Annunzio University, Italy

Within the Chair of Physical and Rehabilitation Medicine, directed by Prof. Raoul Saggini, this study aims to show how the treatment of edema of lower limbs caused by vascular pathologies using the Compressive Micro vibration device reduces pain symptom. The sample consisted of 22 patients diagnosed of vascular disease associated with lower limb edema. The sample has been evaluated with Visual Analogic Scale at the beginning and at the end of the whole protocol and pressure algometer that was performed at the beginning and at the end of each session on the following muscle districts: piriform, vastus lateralis, gastrosoleous and quadratus plantae. The Micro vibration protocol consisted of 6 sessions twice a week for

three consecutive weeks. The statistical analysis of the data collected showed a reduction of the pain threshold in the whole sample both for the algometric evaluation and for the VAS scale; the latter has found an improvement of pain symptom of greater importance. The trend over time of the level of pain perception in patients showed a general exponential improvement of the level of pain from the beginning to the end of the rehabilitation protocol. These data point to the hypothesis of the need for more in-depth studies on the issue of correlation between pain and edemigenic symptoms; in particular, it would be desirable to conduct studies on a wider sample of patients, more homogeneous from a clinical point of view and with the possibility of using control groups as well. It would also be useful to set up a therapeutic protocol which provides for more frequent sessions.

piera.attiliadifelice@gmail.com

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