

## **PRACTICE STUDIES**

### **STAUDT THERAPY SLEEVES**

**Staudt Therapy Sleeves were tested by:**

- **Dr. Peter L. Grafinger, Linz - 159 patients**

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### **TREATMENT REPORT ON THE USAGE OF STAUDT ANKLE SLEEVES FOR SYMPTOMATIC THERAPY OF SYMMETRICAL PAINFUL DIABETIC POLYNEUROPATHY OF THE LEGS.**

Staudt ankle-sleeves have been applied by participants of the outpatient type II group trainings but also for symptomatic inpatient diabetics type I and II since 1992 in order to soothe painful symptoms of the diabetic poly-neuropathy and muscular calf cramps often connected with them and especially occurring at night. The test has been carried out especially because of the frequent therapy refractitious situation (non reactivity to physical measures and so called neuropathy infusions (vitamin-B-preparations). The treatment has been carried out on 159 patients, many of which (about 80 %) had a feeling of significant reduction of symptoms and improvement of night rest owed to wearing the sleeves. Often, it was possible to reduce the attendant pharmacotherapy and an inpatient admission for an infusion treatment and physical therapy (due to unbearable pain) which used to be customary formerly is now only necessary in individual cases. Many of our patients are now wearing the second or third pair of sleeves already.

Many patients do not tolerate the bandage (inefficiency, heat sensation) or wore them only for a couple of hours. Worsening of symptoms but also of impending diabetic foot lesions has never been monitored. The effective principle is only speculative as of today's state of knowledge. Certainly the smooth massage effect leads to a relaxation of the tonus increased muscles, a positive stimulation of the irritated sensitive nerves is probable. The micro circulation is mostly still good due to the broadened autonomous neuropathic diverging vessels- a certain redistribution of blood into the skin without deterioration of the deeper blood circulation (no steal phenomenon) is likely to contribute to the therapy success. In the course of a 3 year evaluation of type II training we are currently examining the effects of therapeutic measures for treatment of the diabetic foot (data will be available as of March 1994).

In summary, we can currently state that a therapy with Staudt-therapy-sleeves causes an excellent longer lasting symptom relieving effect (better than infusion therapy and physical therapy) with significant reduction of an indication for inpatient therapy and analgetic pain modulating therapy in cases of painful sensitive diabetic poly neuropathy. There were no side effects or deterioration of diabetic foot conditions.

Based on today's extensive experience, we can highly recommend Staudt-therapy-sleeves for symptomatic therapy in cases of diabetic poly- neuropathy of the legs.

The effect of therapy-sleeves on manifested foot lesions (ulcera, hyper ceratosis) will be subject of further analyses.

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