

Is Fast'n Go hybrid bandage really as efficient as inelastic bandages?

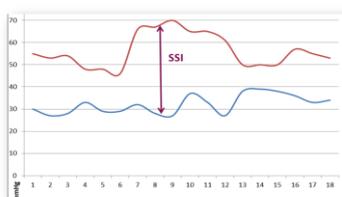
The short answer is: "Yes, Fast'n Go hybrid bandage's Static Stiffness Index (SSI) is 24.1 mmHg and its' capacity to mobilize the lymph is confirmed with fluoroscopy images".

Background information: To understand compression therapy you need to be aware of the concepts of **resting** and **working pressures** which can be easily measured nowadays and make much more sense than measurements in labs as they are measured directly under the bandages (or garments).

- The **resting pressure** is the compression applied on the lower limb by a bandage (or a garment) when the patient is lying or sitting with the leg horizontal and still. Similar levels of resting pressures can easily be reached with elastic and inelastic materials.
- The **working pressure** of the same bandage (or garment) is measured when the patient is standing still. The working pressure is normally higher than the resting pressure and inelastic materials will have much higher working pressure than elastic ones.
- The **Static Stiffness Index (SSI)** is the difference between the **working pressure** and the **resting pressure**. This concept of Static Stiffness Index has been defined and developed by the International Compression Club (ICC) a group of clinical and industrial experts lead by Prof. Hugo Partsch who said: *"The compression pressure, which corresponds to the dosage of compression therapy, has been widely neglected up to now, not only concerning scientific literature, but also in clinical practice. It is evident that compression pressures in the upright position and during walking are clinically more relevant than just the resting pressure. The Static Stiffness Index (SSI), which is the difference between standing and resting pressure, is a valuable parameter characterising the efficacy of a specific compression product to narrow/occlude the venous lumen. This is a prerequisite for reducing venous reflux and exerting a massaging effect necessary to improve the venous pumping function during movement"*. In other words, the higher the SSI of a bandage, the higher its' efficiency.

The main reasons we can claim Fast'n Go hybrid bandage is as efficient as inelastic bandages are:

- Fast'n Go hybrid bandage has an **SSI of 24.1 mmHg** (Fig. 1). Although comparing sub-bandage pressures in different studies is difficult* we can still claim it is one of **the highest on the market**, especially if you keep in mind it is reached with the **application of just one layer**.
- Fluoroscopy images allow scientists to see underneath the skin what is really happening to the lymph. The images below show the quantity of lymph mobilized in the hand of a healthy volunteer squeezing intermittently a soft ball without anything (Fig. 2) and **with a Fast'n Go hybrid bandage on** (Fig. 3). **You can clearly see the substantial increase in the quantity of lymph mobilized with a Fast'n Go hybrid bandage after about 3 minutes.**



Working pressure – average = 56,2 mmHg
Resting pressure – average = 32,1 mmHg

SSI = 24,1 mmHg

Fig. 1



Fig. 2



Fig. 3

*Boxall, S.L., Carville, K.J., Leslie, G.D., & Jansen, S.J. (2019). Controlling compression bandaging pressure in leg ulcer research trials: A summary of the literature. *Phlebology*, 34, 501 - 514.