

Clinical methodology for objective pain assessment using NociMetrix in lipedema and chronic pathologies.

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Objective: To standardize the objective assessment of pain threshold using NociMetrix in patients with lipedema and chronic pathologies.

1. Clinical indications:

Applicable to patients with chronic pain:

- Lipedema and associated pathologies
- Fibromyalgia
- Myofascial syndrome
- Functional vascular disorders
- Neuromuscular pain, among others.

A large, light blue watermark of the NociMetrix logo is overlaid on the list. It consists of the brand name in a large, light blue sans-serif font with a registered trademark symbol, positioned above a stylized blue wave graphic that ends in a yellow circle.

2. Preparing the environment and the patient:

- Private and quiet environment
- Patient in bipedal anatomical position, if not possible, it can be performed in sitting or lying position.
- Expose area without compression garments
- Disinfect the tip before and after
- Verbally explain the procedure

3. Evaluation zones:

A. **Point of greatest pain:** indicated by patient during physical examination.

B. **Evaluation by anatomical thirds:**

- Thigh: NociMetrix is applied at a point in the upper, middle, or lower third .

- Leg: NociMetrix is applied to a point in the upper, middle, and lower third.

- Arm: NociMetrix is applied to a point in the upper, middle, and lower third.

If other regions are evaluated, the point of greatest pain, previously indicated by the patient, will be determined.

4. Application protocol:

- Verbal instructions are given to the patient to prepare for the measurement exam. "We will apply progressive pressure. When you feel pain, say STOP."

- Contact is initiated with the point to be evaluated with progressive pressure.

- Device axis must be perpendicular to the skin

- Stop when you hear "STOP" from the patient

5. Clinical record:

- VAS scale, subjective pain is evaluated from 0 to 10 at the point of greatest pain or area indicated by the patient, this is done prior to the application of NociMetrix.

- The anatomical areas evaluated by NociMetrix and the exact point of greatest pain are recorded. -

Maximum pressure

value expressed in units of measurement (kg or lb). - Clinical observations

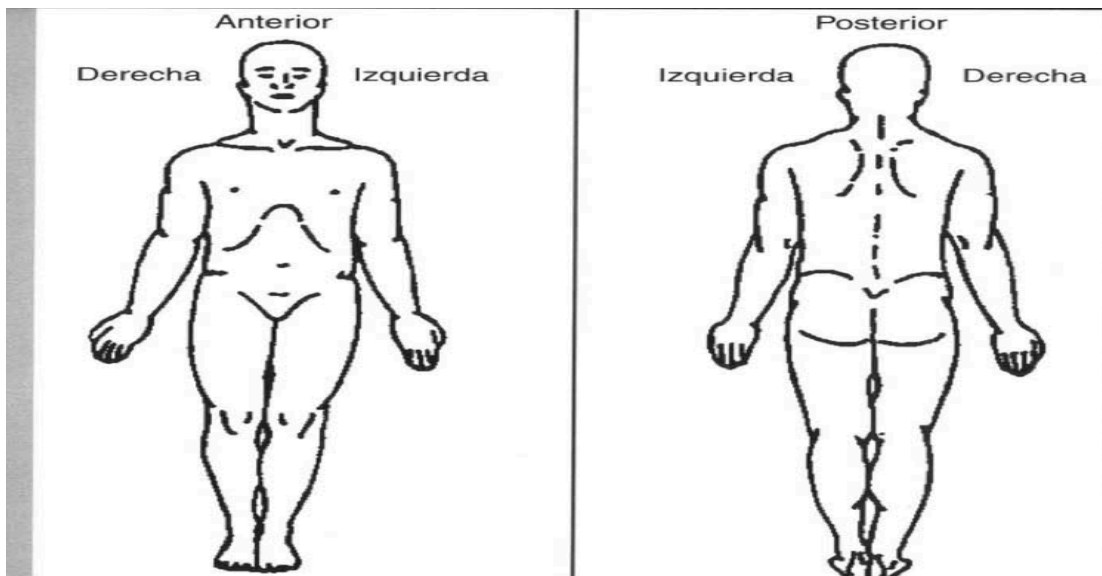


Fig : Marking with an X pain points evaluated by NociMetrix

6. Security and control

- Do not apply to wounds, hematomas or thrombosis
- Disinfection between patients
- Do not repeat the measurement in the same area in the same session
- Follow up after a clinical intervention