

## STUDY PROTOCOL

This was an open, intra-individual study; each subject is her own control.

### PANEL

The study was conducted on 20 healthy people (90% women), average age was 59 years. The youngest patient was 44 years old and the oldest 78 years old. The main age range was between 48 and 68 years.

### APPLICATION METHOD

At home: the subjects applied the product twice-daily under normal conditions of use on the hands. No other treatment was allowed (except for daily medication, which was already being used before the test and at the same level, in order to maintain a stable condition).

### DURATION OF THE OBSERVATIONAL STUDY

The duration of the study for each patient ranges from the start visit (W-0) to the follow-up visit (W-3). The interval between visits is approximately 1 week (+/- 7 days), depending on the patient's standard appointments at the doctor's practice.

### MEASUREMENT PRINCIPLE

#### Methodology of the study

Specialists in the field of rheumatology who have experience in the therapy of patients with osteoarthritis of the hands were invited to carry out the research. During routine visits, the doctors interviewed and collected information from 20 patients. As part of a standard medical consultation, the patient's sociographic data (age, place of residence) and information obtained during the medical interview were recorded in the provided form. Based on the data collected in the forms, the doctor conducting the research prepared a report, which is a descriptive presentation of his own conclusions and observations from the study.

#### Researchers and research centres

Physicians specializing in rheumatology, working in specialist clinics and private practices.

#### Criteria for inclusion in the study

- hand arthritis without joint deformity
- presence of hand pain
- age above 18
- the patient's consent to participate in the study



## EFFICACY EVALUATION OF SWISSFLEX MASSAGE CREAM ON OSTEOARTHRITIS OF THE HANDS

### Clinical evaluation

#### Sponsor

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#### Investigator

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## OBJECTIVES

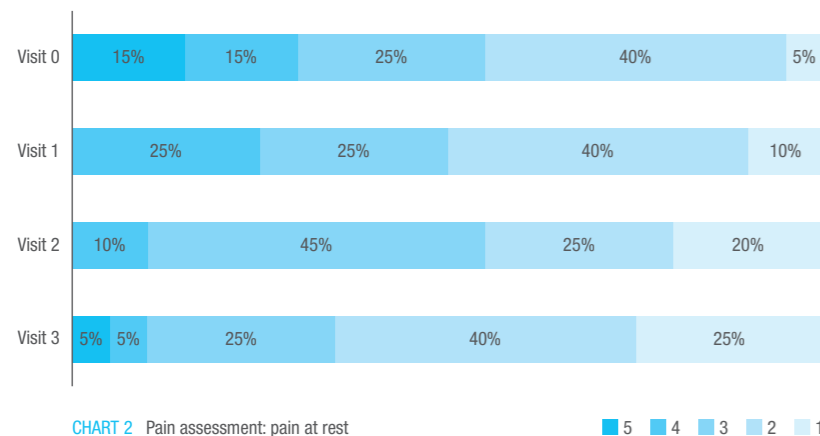
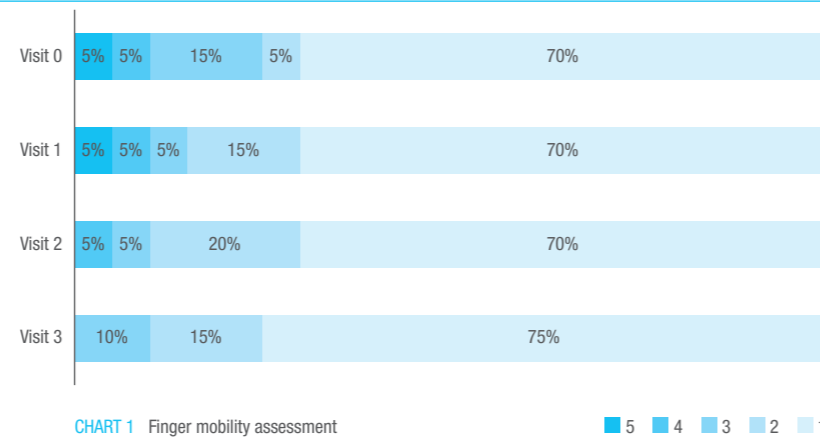
Assessment of patients using **Swissflex Massage Cream** for osteoarthritis of the hands after 7, 14 and 21 days:

- **Finger and wrist joint mobility:** evaluation of finger and wrist joint mobility using a Visual Analogue Scale score (VAS) (5 = maximum immobility, 0 = maximum mobility)
- **Pain reduction:** Measurement of pain at rest and while moving using a VAS score (5 = maximum pain, 0 = no pain)
- **Perceived efficacy and global appreciation:** subjects completed a subjective evaluation questionnaire

## RESULTS

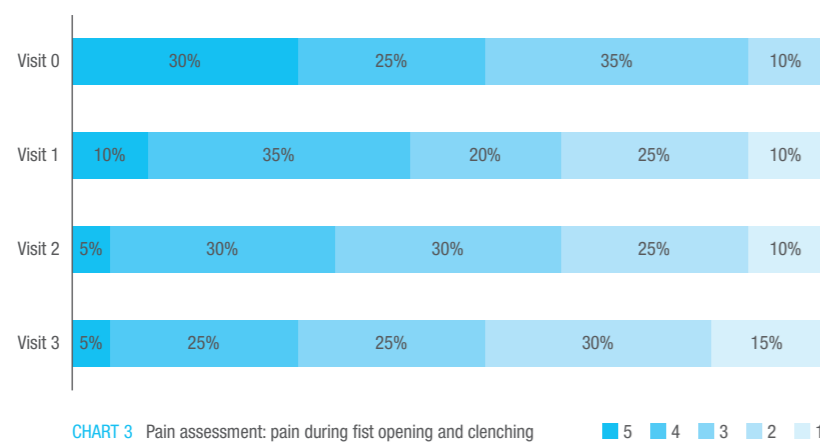
### FINGER AND WRIST JOINT MOBILITY

**Already from 7 days of use, 70%** of the patients had an improvement in joint mobility and after 21 days of application, these beneficial effects were observed on all patients with complete lack of mobility (VAS >4).



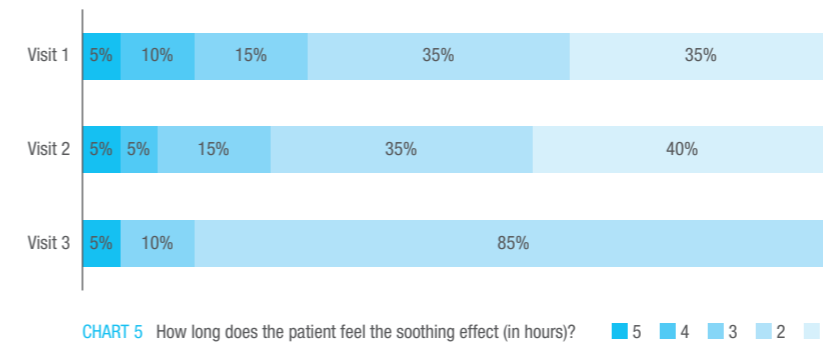
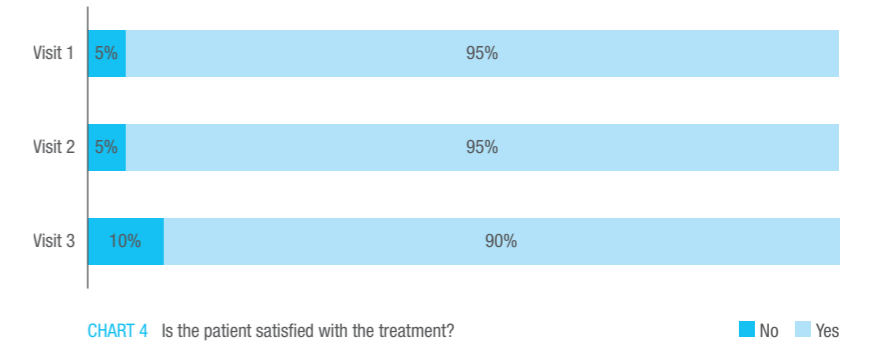
### PAIN REDUCTION

**After 21 days of use,** patients with CAS>3 and 40% of the patients observe a reduction in the intensity of pain.



### PERCEIVED EFFICACY AND GLOBAL APPRECIATION

The subjective evaluation questionnaire performed after 7, 14 and 21 days of twice daily application of **Swissflex Massage Cream** indicates that the **perceived efficacy increases steadily.**



After 3 weeks of use, all the patients have felt the **soothing effect for two hours or more.**

**Already after 7 days,** 70% of the patients see a an improvement in joint mobility and 30% observe a reduction in the intensity of pain.

**After 21 days of use, 80% of patients see an improvement.** All the patients find it pleasant to apply the product **Swissflex Massage Cream** and would recommend it to other people suffering from similar ailments.

**90% of the subject would like to continue to use the cream and 90% would like to buy it.**

## CONCLUSION

Already from 7 days of use

- Most of the patient agreed that the cream had a nice smell and is well absorbed.
- All the patients experience the cooling effect followed by a warming sensation after applying the cream.
- A large majority of the panel is satisfied with the cream and find it efficacious to improve joint mobility.