ST MEDICAL
RESPIRATORY THERAPY

Cystic Fibrosis (CF)

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Factsheet

STMedical as an effective therapeutic instrument for CF-patients

Physiotherapy for CF-patients is usually based on conventional medical gymnastic methods. Recent scientific analysis shows that such an approach, though certainly beneficial, does not lead to sufficient improvements in pulmonary function and secretion discharge.

Facilitation of secretion discharge and expectoration
Systematic strengthening of the respiratory muscles and thoracic mobilisation through forced inspiration/expiration exercises improve secretion discharge and facilitate expectoration. This also increases the removal of inflammatory germs. Therefore, such a treatment should be taken into account as a useful complementary therapeutic approach.

Optimal complement to existing CF-therapy
STMedical is an optimal complement to conventional CF-therapy: it improves the values of the pulmonary function test and increases secretion discharge significantly.

Mode of operation
STMedical is a therapeutic device to enhance the strength and endurance of the respiratory muscles through forced breathing. Additionally, it improves the coordination of the respiratory muscles and consolidates the total respiratory motion sequence. Regular therapy is a key success factor. Preferably, a trained specialist provides the required instruction. After that, thanks to its easy handling, STMedical therapy can quickly be done autonomously and location independent, stationary in hospital, for outpatient treatment or individually at home.

Convincing, scientifically proven results
Regular STMedical therapy by CF-patients shows:

- A significantly increased expectoration of glutinous respiratory mucus
- Improved values of the pulmonary function test
- An enhancement in the patient's subjective assessment of physical fitness and wellbeing
- A reduced need for intravenous antibiotics.

Summary of Facts

- Improvement of patients' "quality of life" assessment
- Significant increase in secretion expectoration
- Significant improvement in FVC, FEV1 and FEV50 pulmonary values
- Reduction in intravenous antibiotics treatment

Scientific references

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Dr. Wolfgang Kamin, Paediatric clinic of Mainz University (D)
Improved pulmonary function and increased sputum expectoration in CF patients after additional training with SpiroTiger® compared to supervised conventional therapy alone. Eur Resp J, 2006, 28, Suppl. 50, 7169.

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