COMPARATIVE STUDY

FIT Therapy Patch VS Competitor FIR Patch VS Drug Release Patch VS Self-Heating Patch

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Professor Matteo Ricci is a specialist in orthopedics, traumatology and sports medicine. The main fields of interests are open and arthroscopic shoulder surgery with a focus on rotator cuff injures, scapulohumeral instability and shoulder prosthetics. Also devoted to open and arthroscopic knee surgery with special interest in sports trauma (ligamentous and meniscal injures), use of tissue regeneration techniques using adipocytes. Knee prosthetics using PSI (patient specific instrument) techniques and reimplantation of knee implants.

Table 1
Fit Therapy Technology 2024

Paziente	VAS Before	VAS After	Difference	Percentage Reduction
PR	8	4	4	50.00%
LS	7	4	3	42.86%
GO	6	3	3	50.00%
BV	7	6	1	14.29%
RM	8	5	3	37.50%
BS	7	3	4	57.14%
EN	6	4	2	33.33%
PS	7	2	5	71.43%
SG	8	5	3	37.50%
MZ	9	4	5	55.56%
TF	6	4	2	33.33%
GN	7	3	4	57.14%
PD	8	5	3	37.50%
VT	7	7	0	0.00%
SL	9	5	4	44.44%
VB	6	2	4	66.67%
VR	8	4	4	50.00%
BR	7	3	4	57.14%
CA	6	3	3	50.00%
TO	7	4	3	42.86%
% Average Reduction				44.43%

% average percentage of pain reduction

44.43%

VAS scale

Paziente	VAS Before	VAS After	Difference	Percentage Reduction
BM	6	5	1	16.67%
GC	7	4	3	42.86%
GG	7	7	0	0.00%
CI	6	5	1	16.67%
BG	8	6	2	25.00%
TL	6	6	0	0.00%
BG	7	5	2	28.57%
VN	9	9	0	0.00%
BT	7	4	3	42.86%
CC	7	5	2	28.57%
LP	6	6	0	0.00%
DV	8	6	2	25.00%
GE	7	6	1	16.67%
FG	7	5	2	28.57%
TR	8	5	3	37.50%
DR	6	5	1	16.67%
DM	7	2	5	71.43%
TT	8	6	2	25.00%
SR	6	5	1	16.67%
FC	6	3	3	50.00%
% Average Reduction				24.44%

Table 2
Competitor Fir Patch

% average percentage of pain reduction

24.44%

VAS scale

Table 3
Drug Release Patch

Paziente	VAS before	VAS after	Difference	Percentage Reductions
GR	7	6	1	14.29%
BC	6	4	2	33.33%
GF	7	5	2	28.57%
LM	8	5	3	37.50%
JC	7	5	2	28.57%
PA	6	3	3	50.00%
FC	7	5	2	28.57%
MA	7	4	3	42.86%
AA	7	5	2	28.57%
MA	7	7	0	0.00%
CV	8	8	0	0.00%
FG	7	6	1	14.29%
AA	6	5	1	16.67%
EM	7	6	1	14.29%
UB	6	4	2	33.33%
CS	7	6	1	14.29%
SC	7	5	2	28.57%
DG	7	5	2	28.57%
LI	7	5	2	28.57%
NC	6	5	1	16.67%
% Average Reduction				23.66%

% average percentage of pain reduction

23,66%

VAS scale

Table 4
Self-Heating Patch

Paziente	VAS before	VAS after	Difference	Percentage Reductions
CF	6	4	2	33.33%
SM	6	5	1	16.67%
ZI	7	4	3	42.86%
MM	6	5	1	16.67%
OM	6	5	1	16.67%
ZS	7	6	1	14.29%
CE	6	6	0	0.00%
MC	7	5	2	28.57%
EG	8	6	2	25.00%
DN	6	4	2	33.33%
BT	6	5	1	16.67%
SF	6	5	1	16.67%
DR	6	5	1	16.67%
BV	6	6	0	0.00%
GC	6	5	1	16.67%
CD	6	6	0	0.00%
ZT	7	7	0	0.00%
SI	7	5	2	28.57%
RB	7	6	1	14.29%
JS	7	5	2	28.57%
% Average Reduction				18.27%

% average percentage of pain reduction

18,27%

VAS scale

Results

Analysis of a total sample of 80 subjects, 20 of whom were treated with **Fit Therapy technology**, 20 with **Competitor Fir Patch**, 20 with **Drug Release Patch** and 20 with **Self-Heating Patch**, shows that all four patches lead to a statistically significant reduction in VAS values between pre and post. Specifically:

- **FIT THERAPY TECHNOLOGY** an average reduction of **44.43%** is noted
- **(Wilcoxon's ranks test: $p < 0.001$)**
- **CEROTTO COMPETITOR FIR** an average reduction of **24.44%** is noted **(Wilcoxon's ranks test: $p < 0.001$)**
- **CEROTTO A RILASCIO DI FARMACO** an average reduction of **23,66%** is noted **(Wilcoxon's ranks test: $p < 0.001$)**
- **CEROTTO AUTORISCALDANTE** an average reduction of **18,27%** is noted **(Wilcoxon's ranks test: $p < 0.001$)**

Prof. Dr. Matteo RICCI