

# NEWS

## Team Sky's medical team hugely impressed with new wound management support and ADAPTIC TOUCH®



Team Sky at Giro d'Italia 2011

You would expect a team that has a philosophy based on the “aggregation of marginal gains” to examine every little detail that could affect a rider’s performance. Since the summer of 2010, this commitment has been extended to include wound care management through a partnership with Systagenix.

A number of our dressings have already gained rave reviews from both Team Sky’s riders and medical staff, including the ADAPTIC TOUCH® silicone dressing.

Designed for use on a variety of wounds, including traumatic and surgical wounds, ulcers and first- and second-degree burns, ADAPTIC TOUCH® is a primary silicone wound contact layer that has also proved perfect for the cycling world. It is easy to apply and is designed not to hurt or damage a wound when the dressing is removed, thus helping to speed recovery time and enabling riders to stay focused on their performance.

Team Sky doctor, Dr Richard Freeman, has been impressed with the dressings since he first started using them at the team’s first training camp of the year. Speaking just prior to the Tour of Romandy, Dr Freeman explained: “The ADAPTIC TOUCH® dressing

has been one that we have used an awful lot. It is a non-adhering specialised dressing that has a soothing effect. We started using it in Majorca and we’ve got through a lot since then, as we seem to have had a lot of crashes so far this year.”

He added: “No matter how bad the wounds are these dressings have coped remarkably well. Patient confidentiality prevents me from giving details on specific riders, but I can say that the riders who have used them have found them much more comfortable than other dressings they have used in the past. The other main benefit is that they don’t need to be changed as often.”

The ADAPTIC TOUCH® provides vital healing benefits in terms of comfort and performance. Its soft-tack silicone coating means that the dressing can be applied easily and, more importantly, removed without damaging the wound. Its advanced mesh design also helps minimise damage to the wound during removal as fluid is able to pass through to the secondary dressing, reducing the chances of maceration. The mesh’s extremely small pores also helps prevent the secondary dressing sticking to the wound, which also helps prevent damage to the wound on removal.

## “Huge benefits from partnership with Systagenix”

Team Sky medical chief Dr Richard Freeman is keen to take advantage of Systagenix research knowledge

Wound dressings may not be the first thing to spring to mind when contemplating ways to improve the performance of professional cyclists, but Team Sky believe that a ground-breaking partnership with Systagenix is giving them a significant advantage on their rivals when it comes to dealing with road rash. Indeed, other teams have quickly expressed an interest in the dressings Team Sky's riders have been using this season both because of their novel appearance and evident ability to help wounds heal faster.

“We've been very impressed. We first came into contact with them at British Cycling, but we've stepped things up to a new level with Team Sky,” explains Dr Richard Freeman. “We've tapped into their knowledge of healthcare and gained some huge benefits from that already. We were particularly interested in some of the dressings that they produce to treat burns and ulcers, because some of the crash-related injuries that riders get are similar in some ways to those.”

Systagenix's dressings look very different to the equivalents wrapped with heavy webbing that have been the standard in the pro peloton over the past two decades. “A lot of other riders and teams have been interested when they have seen our riders using these dressings. I think we've moved things on a great deal thanks to the partnership with Systagenix,” says Dr Freeman.

“They've got an awful lot of hospital research behind them and we're looking at using some of their other products as well. For example, they've got one dressing we're looking at that can be used to draw splinters out of a wound. We're planning to use that

with British Cycling's track riders when they get injuries of that type when they crash on the boards.”

Dr Freeman explains that Team Sky riders who come to grief on the road are treated with a two-phase wound management, from Systagenix' Let's Comfort® range – one of the four categories of the Let's Heal® system. “The riders have ADAPTIC TOUCH® dressings applied to the wound initially. Then we use the TIELLE® Lite dressings to complete the healing process,” says Dr Freeman.

“The TIELLE® dressing has been one of the mainstays for us this season. It only needs to stay on for three days and during that time it draws the fluid out of a wound, making the healing process much quicker. Combining that with the ADAPTIC TOUCH® dressings speeds up the whole healing process. There are three types of TIELLE® dressing. We use the TIELLE® Lite as that suits the type of road rash wounds cyclists tend to get. It's almost as if it had been designed for cyclists in terms of its ease of use and effectiveness.”



Team Sky at Tour of Algarve 2011

### Let's Talk...

To learn more about the benefits of ADAPTIC TOUCH® and the TIELLE® Family, contact your Systagenix representative or visit [www.systagenix.com](http://www.systagenix.com)