Low level laser therapy with trigger points technique: a clinical study on 243 patients
Laser doux
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Among the various methods of application techniques in LLLT (He-Ne 632.8 nm visible red or infrared 820-830 nm continuous wave and 904 nm pulsed emission) there are very promising "trigger points", i.e., myofascial zones of particular sensibility and of highest projection of focal pain points, due to ischemic conditions. The effect of LLT and the results obtained after clinical treatment of >200 patients (headaches and facial pain, skeletonmuscular ailments, myogenic neck pain, shoulder and arm pain, epicondylitis, tenosynovitis, low back and radicular pain, Achilles tendonitis) to whom the "trigger points" were applied were better than expected. It was also observed that rigidity decreases, mobility is restored (functional recovery), and spontaneous or induced pain decreases or even disappears, by movement. LLLT improves local microcirculation and it can also improve oxygen supply to hypoxic cells in the treated areas and can remove collected waste products. Normalization of the microcirculation interrupts the "circulus vitiosus" of the origin of the pain and its development (Melzak: muscular tension->pain->increased tension->increased pain, etc.). Results measured according to VAS/VRS/PTM: in acute pain, diminished >70%; in chronic pain >60%. Clinical effectiveness depends on correctly applied energy dose - over/under dosage produces opposite, negative effects on cellular metabolism. No negative effects were noted and the use of analgesic drugs could be reduced or completely excluded. LLLT may be used as monotherapy or as a supplement to other therapeutic procedures for pain treatment.

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