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Year: 2007

Title: Clinical results in treatment of gonarthrosis with HILT therapy

Symposium: 2nd HILTherapy National Congress

Place: Cimone Volley, Modena

Purpose: evaluation of the efficacy of HILT therapy in the treatment of gonarthrosis.

Method: In this study was recruited 15 patients, affected by gonarthrosi, each patient was treated for 14 days (5 sessions during the first week, 2 sessions during the second week). HILT therapy was performed by Hiro 3.0 laser (fluence= 1430-1780 mJ/cm², frequency= 20-30Hz; total energy= 3000J). Clinical evaluation of both functionality and pain were evaluated before and after the treatment with HILT therapy and was performed by V.A.S. scale, Womac form. Follow-up was 1 month.

Results: after HILT therapy, 74% of patients showed an improvement of functionality and 66% of patients showed a decrease of pain.

Conclusion: these preliminary showed that HILT therapy can be successfully used in the treatment of gonarthrosis.