

Key words: Frozen Shoulder Syndrome, Hilterapia

upper part of the arm on the treated side, after the treatment the tissues were softer than before.

Subjective questionnaire answers showed statistically significant decreases in pain, tightness, heaviness, cramps, limb temperature difference, size difference between the limbs, pins and needles.

No significant side effects were reported during the trial. A few participants reported a slight increase in pain or a feeling of lightness in the upper arm but overall there was no difference in reported side effects between Hilterapia group and control group.

In conclusion, the results of our study suggest that Hilterapia can be effective in reducing the symptoms of lymphoedema by decreasing the fluids accumulated in the affected limb and, consequently, making the tissue softer, thus improving life quality of patients.

This study was carried out by the author with an independent decision. Energy for Health only reports the protocol and results of the study as received from the authors.

The use of lasertherapy to treat oncologic patients is a much discussed subject. Even if there are medical centres where lasertherapy is used to treat oncologic patients, many physicians have the opinion that great caution must be used in this matter seeing that the actual knowledge on the effect of laser on tumor cells is not enough to exclude all possibility of doubt on possible dangerous consequences.

The Editorial board of Energy for Health decided to publish the above note, reporting the protocol and results of the study as received from the authors and in respect of their research autonomy, with the aim to promote the discussion on such an important subject and to stimulate research activity in this field. All the researchers are invited to contribute to the discussion sending us their opinion (in the form of a note) and their studies.

Frozen Shoulder Syndrome

weighted comparison from “static & dynamic” treatment with Nd/YAG 10W pulsed laser.

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ABSTRACT

The use of laser methodical in dynamic is lot, at our physiotherapy centre of Aosta, after observation that other electro-medical methods used by us and that commonly are used in dynamic, allowed to amplify the results obtained by the same in static.

From this premise, we started to treat different orthopedic pathologies, both primitive and post-traumatic or surgical, with this method, by observing that this type of laser, particularly effective on both the pain that on the articular function, allowed to obtain better results on the patient's response.

Between all the diseases tested, in our opinion, the one that had more important results in this therapy was the frozen shoulder syndrome, and so we have begun to study what could be the dynamic exercises that could amplify this potential, never observed with any other method.

The machine we used is a 10W HIRO 3.0 pulsed Nd:YAG laser, with which we could appreciate a powerful analgesic and, consequently, functional effect.

The study on the dynamic method was played from November 2006 to April 2007 on 6 patients (4 women and 2 men) but only 2 we had the opportunity to acquire images and video.

The method used initially consisted of simple exercises of Codman (pendulum exercises), carried out in the total absence of pain and strictly in orthostasis, shining the skin surface under which the patient said he feels the pain at the active/passive mobilisation. Then move in the second phase to exercises of wider shoulder mobilisation, both active and passive.

We are currently studying the possibility of use more complex exercises, both of proprioception that of force.

In the preliminary results of dynamic treatment with pulsed Nd:YAG laser on 6 patients with frozen shoulder disease, this method has made clear the very important additional contribution of results both on the pain that on the mobility of shoulders affected by that syndrome.

Even if this report does not have a scientific validity about the effective additional results of dynamic than the static laser method, because the number of cases treated is too small to be considered scientifically, in our opinion the outcome obtained deserve particular attention, from the point of view of physiological-functional study, because it could open the way for future more effective and quick methods of orthopaedic diseases.