

**Authors:** Buda R, Di Caprio F, Ghermandi R, Buda M.

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**Title:** HILT in the treatment of patellar tendinopathy in sportsman

**Symposium:** 2nd HILTherapy National Congress

**Place:** Institutes Rizzoli, Bologna, Poliambulatorio Life, RSM

**Purpose:** to evaluate the effects of laser therapy HILT for rehabilitation of patellar tendinopathy

**Method:** 20 patients were divided in two groups: in the former group there was 10 subjects treated with HILTherapy and in the latter there was 10 subjects treated with a CO2 laser. HILT therapy was performed by a pulsed laser Nd:YAG (maximum fluence = 1780J, pulse energy < 120 msec; spot = 5mm); CO2 laser treatment consisted of 20W for 15 sec. . Patients were evaluated with clinical and echographic tests before, during and after the treatments.

**Results:** patients of both groups showed an improvement of clinical and echographic parameters. Patients treated with HILTherapy showed an improvements of clinical parameters and produced a more quick recovery.

**Conclusion:** HILT treatment is a valid therapeutic method for patellar tendinopathy.