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Title: HILTtherapy in the pain of of bicipital long caput and /or subacromial conflict.

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Operative Unit of Rehabilitative Physical Medicine, Bari.

Purpose: evaluation of the efficacy of HILT therapy in the pain of bicipital long caput and /or subacromial conflict.

Method: 70 patients affected by tendinopathy were random divided in two groups: 35 subject treated with HILT therapy and 35 subjects treated with ultrasound, both for the 10 sessions. All patients were examined with physical tests, Costant Murley and V.A.S. scales.

Results: subjects treated with HILT therapy showed a better clinical-functional improvement in comparison with subjects treated with ultrasound.

Conclusion: This study shows that the HILT therapy has anti-phogistic and anti-edematous effects, reduces painful symptomatology so it is a valid therapeutic method for shoulder tendinopathy