

**Authors:** Di Caprio F., Ghermanti R., Grandi G., Buda M., Buda R.

**Year:** 2006

**Title:** The Nd:YAG laser in the treatment of the lateral ligamental lesions of the ankle.

**Symposium:** I congress on HILTherapy, Florence, september 2006

**Place:** Rizzoli Institute for Orthopaedics, Bologna.

**Purpose:** valuation of the effectiveness of the treatment with Nd:YAG laser in the ligamental lesions of the ankle.

**Method:** 15 athletes with ligamental lesions of the ankle have been enrolled. 10 patients have been treated with Nd:YAG laser and 5 with CO2 laser. Assessment has been made by scale pain, tumefaction area and functional state of the joint before the treatment, after 1, 2, 3, 6, 12 weeks and 14 months from the treatment (follow up).

**Results:** the patients treated with the Nd:YAG laser showed a very fast improvement in the pain symptoms and functional recovery with resume of the training, decrease of tumefaction area

**Conclusion:** In sporting traumatology the effects induced by HILTherapy hasten the recovery time and this is particularly important in the case of agonists.