

International Conference on

OBESITY & FITNESS EXPO

June 06-07, 2018 | Philadelphia, USA

Efficacy of polarized light versus shock wave in the treatment of pressure ulcer

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Background: In clinical practice many wounds are slow to heal and difficult to manage and so, this study was performed to compare the efficacy of Polarized light versus Shock wave in the treatment of pressure ulcer.

Methodology: thirty patients were included in this study. Their ages ranged from 40 to 60 years were selected randomly and divided into two groups each group contains 15 patients: Group (A) received traditional medical treatment and polarized light, 3 days/week for 8 weeks. Group (B) received treatment with shock wave therapy plus traditional medical treatment, one session/week for 8 weeks. The measurements were done before the study and after 8 weeks of treatment for both groups by using wound surface area tools (Tracing method) and epithelialisation rate (ER).

Results: It showed reduction in wound surface area after treatment for group (A) and (B), with percentage of 50 %, 40.58 % respectively and for epithelialisation rate there was a significant increase in ER of group (A) post treatment compared to group (B) as 52.14 %, 42.24 % respectively. Conclusion: Both polarized light and shock wave had the same significant effect on pressure ulcers healing with high significant improvement in epithelialization rate using polarized light than shock wave therapy.

Key words: polarized light, shock wave Therapy, pressure ulcer.

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