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The effect of simultaneous application of laser beam and magnet in treatment of intervertebral disc herniation

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Background: Disc herniation is a common complication in the society and it is one of the main reasons for referring to physical medicine and rehabilitation clinics. Despite of various methods proposed for treating this disease, still there is disagreement on success of these methods especially in non-surgical methods, and thus current study aims at determining effect of laser beam and magnet on treatment of intervertebral disc herniation.

Materials & Methods: During a clinical trial study, 80 patients with intervertebral disc herniation underwent a combined package of treatment including magnet, laser beam, PRP and prolotherapy during 6 months.

Results: Average age of patients was 51.25 ± 10.7 with range of 25–71 years. 30 men (37.5%) and 50 women (62.5%) took part in the study. Average weight of patients was 64.3 ± 7.2 with range of 49–79 kg. Highest level of disc herniation was L5–S1 with frequency of 17 cases (21.3%). Disc herniation was severe in 30 cases before treatment, but it reduced to 3 cases after treatment.

Conclusion: This study indicates effect of combined treatment using non-invasive laser beam and magnet therapy on disco genic diseases and mechanical pains of spine is highly effective.

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