

Laserpharmacology and Achilles tendinopathy □

Paul Meersman, Private Laser and Sport Medical Center, Kapelle op den Bos, Belgium. □

The Achilles tendon, although the largest and strongest in the human body, has since classical times been recognized as a weak point. In the case of Achilles it was severed by an arrow, but for athletes it is the combination of repetitive body load, the whip effect of pronation in the running gait and potential intrinsic weakness or collagen deterioration with age, that makes it so vulnerable. □ The bad results with conservative therapy and pure LLL therapy pushed us to use a combination of LLLT and local infiltration of concomitant medication. □ The subjects were 100 successive athletes, with chronic Achilles tendinopathy, these patients already had a conservative treatment for six months without positive results. □ Our method was a combination of PDT with plenosol I.D. and 904 nm LLLT and afterwards a cooling down treatment with Ubiquinon, Ferrum and Zinc S.C. infiltration with 632,8 nm, 830 nm, and 904 nm LLLT. With an average of 4 treatments within 14 days, we reached a healing time of 16 days, with a success rate of 90%. These results made us conclude that a good knowledge of interaction between Laser and pharmacology can reduce our treatment and rehabilitation time, even for chronic diseases.