

## GaAs is effective in chronic low back pain. □

Two abstracts from *Lasers Surg Med.* 1998; Suppl. 10, p. 6 1) Prof. Soriano in Rosario, Argentina, performed a double blind trial with elderly people suffering from chronic low back pain. After a thorough medical examination the patients were divided into two groups. One received GaAs 4J per point and one received sham irradiation. Ten consecutive sessions were done, one every day. Pain was evaluated through a VAS scale at the beginning and at the end of the treatment period. Treatment was effective in 71% in the laser group and 36% in the sham group. The pain disappeared completely in 45% in the laser group and 15% in the sham group. During the follow up 35% of the patients in the laser group who had relieved their pain more than 60% relapsed, compared to 70% in the control group. There were no side effects. 2) Effects of low energy laser therapy on herniated lumbar discs. Gruszka M et al. Gruszka (Buenos Aires) treated 15 patients with one or more protruded lumbar disc herniations with GaAs 904 nm, with a dose of 9J on each point, 20 to 25 points on the lumbar spine and on referred radicular pain points, 3 to 5 times a week during 4 months. Pain was relieved in 100%, gait and neurological signs improved in all patients, EMGs improved and CAT scans showed less protrusion of the herniated discs.