

## Low-power laser in osteoarthritis of the cervical spine.

Monteforte P, Baratto L, Molfetta L, Rovetta G. □Rheumatology Department, University of Genova, Bruzzone Rheumatologic Center, Genoa, Italy.

Patients with symptomatic osteoarthritis of the cervical spine were treated with very low-power modulated laser (LPL). Two applications were performed at an interval of 20 days. Changes in pain and ultrasound thickness of the soft connective tissue layer above the right and the left superior trapezium were studied. No worsening of pain was observed. Pain improved after the first application of LPL in 9 out of 14 patients, but the difference was not significant. Pain improvement remained stable between the first assessment and the second assessment, which was performed after 20 days. In comparison with the first application, at the second application the number of patients with improved pain after LPL increased to 12 out of 14 ( $p < 0.01$ ). An appreciable difference in the thickness of the subcutaneous soft tissue layer overlying the two superior trapezia was demonstrated in all patients at the first examination. Comparison of the measurements before and after the application of LPL showed significant difference.

Int J Tissue React. 2003;25(4):131-6.