

**Report from The IXX Annual Meeting of The American Society for Laser Medicine and Surgery, Lake Buena Vista, Florida. April 16-18, 1999.**

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**Soft Tissue Injury During Sport Activities And Traffic Accidents – Treatment With Low Level Laser Therapy: A Multicenter Double Blind, Placebo Controlled Clinical Study On 132 Patients**

Simunovic Z, Trobonjaca T, Switzerland/Croatia.

132 patients were treated with Illt as a monotherapy. Indications were distortion and sprain of the ankle; lesion of the Achilles tendon; dislocation of the knee, shoulder and interfalangeal joints; wrist and cervical spine injuries and both types of epicondylitis. All patients represented acute cases. Two types of irradiation techniques were used: skin contact for trigger points (830 nm) and scanning technique (633/904) for larger surface areas. The laser group was compared to a group of patients treated with conventional therapies. In the Illt group the recovery progress was accelerated by 35-50% in 85% of the patients, as compared to the control group. More abstracts will follow.

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**Wound Healing On Animal And Human Body With Use Of Low Level Laser Therapy - Treatment Of Operated Sport And Traffic Accident Injuries: A Randomized Clinical Study On 74 Patients With Control Group.**

Simunovic Z, Ivankovich A D, Depolo A.

A wound healing study on rabbits suggested that 4 J/cm<sup>2</sup> was the optimal dose. A clinical study was performed on 74 patients suffering from injuries of soft tissue upon traffic accidents and sport activities. Two types of lasers were used: 830 nm for Trigger point treatment and a combined 633/904 for scanning, both applied in monotherapy. Clinical parameters studied were redness, heat, pain, swelling, itching and loss of function. Wound healing was accelerated 25-35% in the laser group compared to the control group. Pain relief and functional recovery was significantly improved in the laser group as well.