

Single Case: **Chronic Knee Pain** **Significant improvement with Laser Therapy**

Abstract: A 55+ yr old man presented to my office seeking Low Intensity Laser therapy for his chronic bilateral knee pain. Examination revealed significant bone bruising, meniscal irritation and ligament tenderness. Using laser therapy alone, the bone bruises were resolved and the pain in both knees was reduced to a 2 (0= no pain 10 = unbearable pain).

Keywords: Bone bruising, chronic knee pain

Examination

History: This client reported that he had sustained significant injuries as a result of a motor vehicle accident 15+ years ago. One of the injuries he sustained was trauma to both knees known as “dashboard knees”.

Static Posture: A left to right rotation was observed in his pelvis, light recurvatum observed in both knees.

Range of Motion: Full flexion of both knees was limited

Observation/Palpation: Bone bruising was palpated around all joint margins and superior and inferior to the knee joints. Point tenderness along the medial margins (collateral ligaments) was also present.

Treatment

Low Intensity Laser therapy was administered over the course of 2 treatment sessions to both knees with a focus on treatment of the extensive bone bruising.

Outcome

This client appreciated significant improvements in the level of pain he had been experiencing in both knees. The bone bruises that were palpated had been reduced by more than half with an associated reduction in pain. It is interesting to note that even with a very chronic (years old) injury there may still be significant bone injury that can be positively altered with the use of laser therapy which converts light energy to biological energy.

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