

Case study – Treatment with “B-Cure Laser Sport Pro”

Combined treatment with B-Cure Laser Sport Pro and B-Cure Laser home device.

A case which examined the efficacy of B-Cure Laser Sport Pro in the treatment of knee pain

On January 29, 2015, a woman of 64 arrived at my clinic with pain in both knees, a little worse on the left than the right and limited range of movement of the joint, and limitation in daily activities such as going up and down stairs (needed to place both feet on each step) and walking.

The patient reported a history of Wallenberg Syndrome, a stroke in the lateral brain stem (“Lateral Medullary Syndrome”) on the right side. This syndrome affects the right side of the body and the left side of the face. According to her report, the knee pain has existed for many years. The patient is significantly overweight, and since there are 14 steps in her home between the downstairs and her bedroom, her knee pain is a serious cause of trouble in her life.

The examination showed a weakness of the Rectus Femoris muscle on the left and pain in the front and back of her knee, weakness in the extensor muscles, the four Quadriceps muscles on the left and a pain pattern resembling Rectus Femoris, weakness of the Hamstrings on the left with partial pain at the back of the knee in particular and weakness of the Psoas on the left without pain. Trigger points were discovered upon touching the Quadriceps muscles, sensitivity in the tendons of the medial hamstring. Examination showed findings in the right knee and neurological findings which will be related to here as the treatment was directed to the left knee.

Treatment involved chiropractic adjustment to the left knee and the pelvis according to the relevant findings of the chiropractic examination. In addition, the patient was given Dry Needling (IMA) in the centre of the Quadriceps during this visit, as well as treatment with the B-Cure Laser Sport Pro to the lateral area of the left knee joint, the top of the joint and the medial part of the joint, each for one minute. Later the patient was given instructions to use the B-Cure Laser Sport Pro at home for three consecutive days, three times a day as per the treatment given in the clinic. Including the clinic treatment, the patient was given nice treatments over three days, and in addition she was given instructions to increase the intake of liquids and vitamin C as is accepted practice for Dry Needling.

On February 1, 2015 the patient arrived for a follow up. She was again given treatment with the B-Cure Laser Sport Pro device, at the same points, as well as treatment of the head of the left Fibular Proximal, and Dry Needling of the Vastum Medialis Obliques (VMO) muscle. The patient continues treatment at home with the B-Cure Laser home device and not with the Sport Pro model. She continues treatment of all points with the home device including the fibular, for two minutes. After this visit the patient left the clinic climbing the stairs at the clinic without support, one foot at a time.

On February 6, 2015 the patient came for another check up/ she reported new pain in the area of the left Gastrocnemius muscle. After questioning it became clear that she had been ascending and descending the stairs at least seven times per day during the past week! There was an improvement of over 50% in her mobility compared to how she had been.

The patient continues to use the home B-Cure Laser device, and visits the clinic for treatment with the B –Cure Laser Sport Pro. Due to her chronic situation of both her knee pain and even more so the lack of balance as a result of the stroke, the likelihood of a complete recover from pain is low though not impossible.

The results indicate the efficacy of the use of B-Cure Laser Sport Pro in treating chronic knee pain with or without the complication of the circumstances of the other syndromes, particularly in combination with chiropractic treatment and IMS. It appears that in these cases, the additional use of the home B-Cure Laser home device also contributes to the treatment.

All questions or remarks may be sent to Dr, Hirsh at drhirsh@lifeinbalance.co.il
Sincerely,

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