



October 14, 2014

Case description - Integrating B-Cure Laser in the process of rehabilitation of Olympic athletes

“An Olympic gymnast aged 17 hurt her knee coming off the beam. She was diagnosed with a tear to the Anterior Cruciate Ligament, and she underwent surgery to restore the ligament. She then went through the process of rehabilitation at Wingate Institute in the department of sports injuries, based the latest protocol for restoring complete range of movement, stability and muscle control, advancing to functionality according to the recovery schedule. During rehabilitation posterior knee pain appeared which did not improve under the usual therapies (soft tissue massage, mobilization, heat/cold, ultrasound etc.)

After a number of weeks of continuous pain which did not allow for full functionality, the B-Cure Laser Sport treatment was added and the athlete was given instructions to use the device 2-3 times daily, on the 3 points that were chosen, each for 4-8 minutes, in addition to the ongoing treatment she had been getting till then. A week later the athlete reported a clear improvement in the pain, so that the pain behind her knee had almost entirely disappeared. The athlete was requested to continue treatment with the B-Cure Laser Sport for an addition three weeks, twice a day. Approximately two months from the first treatment, the athlete reported that she no longer suffered any pain and she is at this back to full activity”.

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