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Laser acupuncture in pain management

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Objective: To determine the therapeutic effect of laser acupuncture in pain management.

Methods: This study includes five cases of intractable pain. Each subject was treated once per day (acute pain) or three times per week (chronic pain) with gallium aluminum arsenide (GaAlAs) laser (Handylaser Trion, RJ-Laser; Reimers & Janssen GmbH, Winden, Germany; Table 1 & 2) therapy. The instrument was used to deliver 0.375 J of energy sequentially to each acupoint or 3 J to each Ashi point, for durations of 5 s or 40 s, respectively. The pain visual analog scale (VAS) and related disability of the patients were evaluated throughout the treatment by WLH.

Clinical features:

Case 1: A 59-year-old man had been unable to chew hard food (e.g. peanuts, etc.) for many years. He complained of jaw pain at rest (VAS = 9) and restriction of mandibular movement over the previous 2 months..

Case 2: A 55-year-old woman complained of pain in the left buttock radiating to her left foot.

Case 3: A 50-year-old woman complained of pain, swelling, redness, and heat in her left knee with limited range of motion, which she had experienced since undergoing total knee replacement (TKR) for osteoarthritis 3 months previously.

Case 4: We treated an 82-year-old woman with a history of various diseases, including chronic hepatitis C, mild C1/2 canal narrowing, bilateral renal parenchyma disease, osteoporosis, and an old T10 compression fracture. The patient had suffered back pain for 1 week.

Case 5: A 47-year-old man had suffered left chest pain caused by a traffic accident 5 days previously.

Biography

Wen-Long Hu is the Vice Director, Department of Chinese Medicine at Kaohsiung Chang Gung Memorial Hospital, an Assistant Professor at Fooyin University, Kaohsiung Medical University, and Chang Gung University. He is invited to write a chapter entitled "Acupuncture for Disorders of Consciousness" in *Acupuncture - Clinical Practice, Particular Technics and Special Issues* (2011) and one entitled "Explore Laser Acupuncture's Role" in *Acupuncture in Modern Medicine* (2013). Prior to his current position, he was Chief of Division of Acupuncture at Kaohsiung Medical University Hospital. He has the experiences of clinical practice in low level laser therapy (LLLT) for 20 years and in acupuncture for 25 years. He is invited speaker for lectures in LLLT at many symposiums held by some medical associations. Recently, he is invited to instruct physicians to practice LLLT in workshops. He also involves researches in LLLT, e.g. obesity, metabolic syndrome, stroke, dementia, Parkinsonism, myofascial pain, arthralgia, radiculopathy, etc.

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