



## Treatment of Chronic Tinnitus with Low Level Laser Therapy

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**Abstract:** Tinnitus causes disability associated with concentration deficits, insomnia, hypersensitivity to sounds, anxiety and depression. Often a combination of several complaints leads to a diminished quality of life. The purpose of the study was to determine the effect of the Low Level Laser Therapy (LLLT) in the treatment of chronic tinnitus. Sixty patients with chronic subjective tinnitus were included in this study and were randomly divided into two equal groups: (study group and control group). Study group received Low Level Laser Therapy, 3 times per week for 1 month while control group received placebo laser, 3 times per week for 1 month. The clinical findings of the patients were analysed before and after the treatment via the Visual Analogue Scale (VAS) and Tinnitus Severity Index (TSI) Questionnaire. All sixty patients completed the study. There were no adverse effects observed. The Visual Analog Scale (VAS) score difference before and after the treatment was statistically significant ( $p = 0.0001$ ). Also statistical difference was found before and after the treatment in the Tinnitus Severity Index (TSI) Questionnaire score ( $p = 0.0001$ ). In relation to the VAS and TSI Questionnaire scores, the study revealed that the results obtained in the study group were superior to that of control group. It was concluded that Low Level Laser Therapy (LLLT) was considered an effective treatment modality for the treatment of chronic subjective tinnitus.

**Keywords:** Tinnitus, Low Level Laser Therapy.