



Effect of High Intensity Laser Therapy on Cubital Tunnel Syndrome

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Abstract: Cubital tunnel syndrome is the second most common peripheral entrapment neuropathy after carpal tunnel syndrome. Patients with cubital tunnel syndrome often complain of numbness in the ulnar side of hands and parathesia of elbow, these symptoms can be exacerbated by elbow flexion. Purpose of the study was to investigate effect of high intensity laser therapy (HILT) on cubital tunnel. Thirty patients with cubital tunnel syndrome were randomly assigned to a HILT group and placebo HILT group. The study was designed as a randomized clinical trial. Each participant in the 2 groups received 20 treatment sessions of HILT or placebo HILT therapy over a period of 4 consecutive weeks. Outcome measures were the visual analogue Scale (VAS) and nerve conduction study (NCS) measured pre and post treatment program. Patients with HILT group showed significant improvement in pain and nerve conduction velocity while patient with placebo HILT group show improvement in pain only. High intensity laser was recently introduced to the field as a significant effective therapy modality.

Keywords: Cubital tunnel syndrome, High intensity laser treatment, Visual analogue scale, Nerve conduction study.

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