

Effect of Low Level Laser on sciatic pain

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Abstract: Investigate the effect of low level laser therapy pain in female patients suffering from chronic low back pain with sciatica. 60 female patients with low back pain divided into two equal groups, their age ranges between 30- 45 years. The study group: received LLLT and exercise program. The control group: received placebo LLLT and the same exercise program. The received of laser in the form of low level laser 910nm with energy 8J/cm² and power density 140mw/cm² for 15 sessions (3 times per week), from L4-L5 to S2-S3 in lumbo sacral region as well as the gluteal fascia, posterior sacroiliac ligaments, hamstrings and gastro-soleus muscles of which pain points were palpated from the low back to the foot. Laser will be applied 90sec. for each point the session totally will be 20min. Exercise program was performed 3 days per week, for 5 weeks. Data obtained from both groups regarding pressure pain threshold (PPT), and Modified Oswestry Disability Questionnaire (MODQ) revealed a significant difference in pressure pain threshold (PPT) between both groups. There was a significant increase in PPT of study group at post I, post II and post III compared with control group at all measurements and there was a significant decrease in MODQ of study group at post I, post II and post III compared with control group. Low level laser therapy decrease chronic low back pain and improve functional activity quality of life.

Keywords: Back pain, Laser, Algometer, Sciatica.

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