

Novel of extracorporeal shockwave therapy and high-power laser therapy in musculoskeletal pain conditions

Abstract: Extracorporeal shockwave therapy (ESWT) and high-power laser therapy (HPLT) are non-invasive treatment modalities for musculoskeletal pain. ESWT is a mechanical wave that can be used to treat various conditions such as tennis elbow, plantar fasciitis, and calcific tendinitis. HPLT is a laser light that can be used to treat conditions such as osteoarthritis, rheumatoid arthritis, and low back pain. Both ESWT and HPLT have been shown to be effective in reducing pain and improving function in patients with musculoskeletal pain. The mechanism of action for both treatments is thought to be related to the stimulation of tissue repair and the release of endorphins. ESWT is thought to stimulate the production of nitric oxide, which can improve blood flow and reduce inflammation. HPLT is thought to stimulate the production of collagen, which can improve the structure of cartilage and reduce pain. Both treatments are generally safe and well-tolerated. However, there are some potential side effects, such as bruising and pain at the treatment site. ESWT is typically performed in a clinic setting, while HPLT can be performed in a home setting. Both treatments are usually performed in a series of sessions. The number of sessions and the frequency of treatment will vary depending on the condition being treated. ESWT is typically performed once a week for 3-4 weeks. HPLT is typically performed once a day for 5-7 days. Both treatments are usually covered by insurance. However, it is important to check with your insurance provider to see if your treatment is covered. ESWT and HPLT are promising treatment modalities for musculoskeletal pain. They offer a non-invasive alternative to surgery and medication. However, more research is needed to determine the long-term effectiveness and safety of these treatments. The following text is a placeholder for the full abstract content, which is currently obscured by a large, illegible watermark.