

Dosage Considerations in Studies
(New selected abstracts from Jan 2003)

Efficacy of low level laser therapy (LLLT): comparison between randomized double blind studies. (Article in Italian with English abstract).

Fortuna D, Zati A, Mondardini T et al.

Medicina dello sport.2002 (55): 43-50.

The authors have selected 15 randomised double blind studies where musculoskeletal disorders have been treated by laser therapy. No evaluation about the methodological quality has been made, focus has been on the dose. It was clearly found that in the 8 studies with no effect, the dose was considerably lower than in the 7 studies with higher doses. This confirms the observations in the literature analyses by Bjordal et al, indicating a dose-response pattern, which has been vastly overlooked in many studies. The Italian evaluators also state that lasers working in the pulsed mode are more efficient. However, since GaAs and GaAlAs lasers have been included in the evaluation, this general conclusion must be questioned. The "true" pulsing of a GaAs laser is not similar to the mechanical on-off pulsing of a continuous laser like GaAlAs