

**LLLT using a diode laser in successful treatment of a herniated lumbar/sacral disc**

**Laser doux**

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Tatsuhide Abe

Tatsuhide Abe, Abe Orthopaedic Clinic Futuoka City Fukuoka Prefecture Japan X12'

*Laser Therapy 1989*

A 40 year old woman presented at the clinic with a 2 year history of lower back pain and pain in the left hip and leg, diagnosed as a ruptured disc between the 5th lumbar/1st sacral vertebrae. The condition had failed to respond to conventional treatment methods including pelvic traction, non-steroid anti-inflammatory drugs and dural block anaesthetic injections.

MRI scans were made of the affected disc, showing it protruding on the left side through the dural membrane. Treatment was used in outpatient therapy, and after 7 months, the patient's condition had dramatically improved, demonstrated by motility exercises. This improvement was confirmed by further MRI scans, which clearly showed the normal condition of the previously herniated L5/S1 disc.