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Hilterapia® and chronic ankle pain syndromes.

Saggini R., Bellomo R.G., Cancelli F.

Physical Medicine and Rehabilitation, Dept. of Basic and Applied Medical Science, University of Chieti, Chieti, Italy.

ABSTRACT

According to the third Newton's principle, the ground produces equal and opposite forces to those of a subject in leaning phase.

Baumhauer and collaborators demonstrated that joint laxity, foot length, ankle anatomical alignment and ligaments stability are not significant risk factors for chronic ankle pain syndromes, while they registered an higher sprain incidence in subjects with muscle strength imbalance. According to Wright, once the foot has touched the ground, in a position potentially able to cause sprain, ankle pronator muscles must be able to rapidly react to prevent excessive supination and chronic pain syndromes.

Freeman and collaborators hypothesized that ankle chronic traumas could damage the capsule and ligaments mechanoreceptors and concluded that the partial deafferentation of these receptors could contribute to the functional instability.

In this study, a marked reduction in chronic pain symptomatology has been observed after Hilterapia® (pulsed Nd:YAG laser, mod. Hiro 3, ASA s.r.l., Vicenza, Italy) and the postural optimisation has been quantified with optoelectronic systems (Digital Biometry Images Scanning).

Several scientific papers have been published about the analgesic and bio stimulating effect of Hilterapia®.

Various authors have also highlighted its utility in accelerating the articular recovery process and in promoting ligament lesions healing. From our experience, we can assert that a rehabilitation protocol integrated with Hilterapia® is extremely effective, and could be considered the gold standard in the treatment of soft tissues pathology as well as in I and II degree chondropathies of the tibia-fibula-astragalus region.