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Effect of Pulsed High-Intensity Laser Therapy on Pain, Adhesions, and Quality of Life in Women Having Endometriosis: A Randomized Controlled Trial.

Thabet AAE¹, Alshehri MA².

⊕ Author information

Abstract

OBJECTIVE: The purpose of this study was to assess the effectiveness of pulsed high-intensity laser therapy on pain, adhesions, and quality of life in women with endometriosis.

BACKGROUND DATA: Endometriosis is among the most common gynecological problems affecting females of childbearing age. The majority of women with endometriosis seek treatment to alleviate pain.

MATERIALS AND METHODS: The sample included 40 women with endometriosis to either a mild or a moderate degree aged between 24 and 32 years. They were randomly assigned to two groups, group I of 20 women received pulsed high-intensity laser therapy three times per week for 8 weeks, as well as the usual regimen of hormonal treatment given to endometriosis patients, and group II of 20 women were given sham laser treatment three times per week for 8 weeks and the usual regimen of hormonal treatment. For all patients, pain, the degree of endometriosis, and quality of life were measured using present pain intensity and pain relief scales, laparoscopy, and the Endometriosis Health Profile (EHP-5) before treatment began and at the end of the 8 weeks.

RESULTS: In comparison to the sham laser treatment, pulsed high-intensity laser therapy produced a significantly different result ($p < 0.0001$), in women with endometriosis.

CONCLUSIONS: Pulsed high-intensity laser therapy is an effective method of pain alleviation, reducing adhesions, and improving the quality of life in women with endometriosis.

KEYWORDS: adhesion; endometriosis; pain; pulsed high-intensity laser therapy; quality of life

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