

# ASSESSMENT OF THE EFFECTIVENESS OF MLS LASER THERAPY IN THE TREATMENT OF PATIENTS WITH KNEE OSTEOARTHRITIS

AGNIESZKA DAKOWICZ, ANNA KURYLISZYN-MOSKAL, MAGDALENA BIAŁOWIEŻEC, AGATA GBUR

*Department of Rehabilitation  
Medical University of Białystok, Białystok, Poland*

E-mail: agadak@interia.pl

**Abstract:** Knee osteoarthritis is the most frequent cause of pain. The article's main trust was to assess MLS laser therapy effectiveness in curing patients with gonarthrosis.

The research was conducted on the group of 30 patients with bilateral gonarthrosis. Clinical examinations included: visual analogue scale (VAS), estimating the scope of movability and the circumference of knee joints, the „Up & Go” test as well as the Laitinen questionnaire.

After the treatment, it was determined that the pain intensity assessed according to the visual analogue scale (VAS) decreased, the scope of movability improved and the circumference of knee joints was reduced. Moreover, it was noted that the time for performing the „Up & Go” test was reduced.

At the same time, it was proved that the implemented treatment improved the quality of patients' lives assessed according to the Laitinen questionnaire.

**Key words:** MSL laser therapy, knee osteoarthritis.