

## THERAPIST FOCUS



### Name:

Andrea Brennan

### Background

Over two years.

### How long have you been using the LTU-904:

Andrea specializes in lymphedema treatment and wound care. She is a certified lymphedema therapist and member of the Lymphology Association of North America, the International Society of Lymphology and the National Lymphedema Network. She holds a certificate of clinical competency in sharp wound debridement and is a member of the American Professional Wound Care Association. A therapist since 1978 and a lymphedema therapist since 1998, Brennan is frequently invited to speak and write on lymphedema management and clinical topics for community wellness programs, schools and support groups. Brennan has presented and published on diverse topics in lymphedema management on a local and national basis. She gave presentations at the Clinical Symposium on Advances in Skin and Wound Care; the Wound, Ostomy and Continence Nursing Annual Conference; the National Lymphedema Network Conference and the Arizona Occupational Therapy Association. She also wrote a chapter on lymphedema in the medical textbook, Core Curriculum for Phlebology Nurses.

### Most inspiring or intriguing laser story:

EVERY patient feels relief when used as an adjunct with manual therapy.

## NEW YEAR DISCOUNT FROM RIANCORP

It is important that you send in your laser to be calibrated at least every 2 years to ensure the efficacy of your treatments.

To help you make the most of your LTU-904 laser, we are offering a \$10 discount off your next calibration. You must include a print-out of this offer when posting in your laser.

Email [sales@riancorp.com](mailto:sales@riancorp.com) for the Service Centre address.

\*Valid on full price calibrations within Australia only. Expiry June 30th 2013. Full cost is \$95 (inc. GST) + \$12 return postage.

## NEW CARRY CASE FOR LTU-904



We are pleased to announce that RianCorp have designed and produced a new and improved style of carry case for the LTU-904 laser. The positives include:

- More compact size
- Holds all the contents securely
- Non-marking, hard-wearing foam with cleanable surface
- Screen printed details on lid – so it's easy to decipher which way is the top
- No outside labels – the case is thus easier to keep clean

All laser units will now come in this new carry case.

We will make the cases available for purchase as a spare part. Please contact us if you would like a price quote.

## THERAPIST FOCUS (CONT)

### What do you use the laser for:

Pain relief, post mastectomy pain syndrome.

## IMPORTANT: PLEASE NOTE

The Service and Manufacturing Centre is currently moving location. Make sure to contact RianCorp for details before sending in your laser for service.

## FACEBOOK

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## NEW RESEARCH:

### Treatment of post-mastectomy lymphedema with laser therapy: double blind placebo control randomized study

Ahmed Omar MT, Abd-El-Gayed Ebid A, El Morsy AM  
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#### Abstract

**BACKGROUND:** In post-mastectomy patients, lymphedema has the potential to become a permanent progressive condition and become extremely resistant to treatment. Thus, it can result in function impairment and decrease quality of life. The aim of this study was to evaluate the effect of low level laser therapy (LLLT) on limb volume, shoulder mobility, and hand grip strength.

**MATERIAL AND METHODS:** Fifty women with breast cancer-related lymphedema were enrolled in a double-blind, placebo controlled trial. Patients were randomly assigned to active laser (n = 25) and placebo (n = 25) groups and received irradiation with Ga-As laser device that had wavelength of 904 nm, power of 5 mW, and spot size of 0.2 cm<sup>2</sup> over the axillary and arm areas, three times a week for 12 wk. The total energy applied at each point was 300 mJoules over seven points, giving a dosage of 1.5 joules/cm<sup>2</sup> in the active group. The placebo group received placebo therapy in which the laser had been disabled without affecting its apparent function. Limb circumference, shoulder mobility, and grip strength were measured before treatment and at 4, 8, and 12 wk.

**RESULTS:** The two groups had similar parameters at baseline. The reduction of limb volume tended to decline in both groups. The trend being more significantly pronounced in active LLLT group than placebo at 8 and 12 wk, respectively (P < 0.05). Goniometric data for shoulder mobility and hand grip strength were statistically significant for LLLT group than for placebo.

**CONCLUSION:** Laser treatment was found to be effective in reducing the limb volume, increase shoulder mobility, and hand grip strength in approximately 93% of patients with postmastectomy lymphedema.

Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/20538293>

### Management of myofascial pain of upper trapezius: a three group comparison study

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#### Abstract

It is important to identify the most effective therapeutic modality in the management of myofascial trigger points (MTPt). Thus we aimed to study the effect of therapeutic ultrasound, laser and ischemic

## NEWS

The new Therapist Database is now live on the RianCorp website. You can view this addition at:

<http://www.riancorp.com/Therapist-Database/>

## TIP

To clean the LTU-904 laser probe tip, wipe with a soft cloth slightly dampened with dilute clear-coloured antibacterial solution such as methylated spirits or an alcohol wipe.



compression in reducing pain and improving cervical range of motion among patients with MTPT. Experimental study comparing three groups was designed as a 5 days trial, a co-relational design was considered. Outcome measures: VAS for pain, provocative pain test using “soft tissue tenderness grading scheme” and active cervical lateral flexion using inch tape.

**METHODS:** Patients were divided into 3 groups, Gr 1 underwent treatment using therapeutic ultrasound, Gr 2 with therapeutic laser and Gr 3 with ischemic compression. Assessments were done on day 1 and day 5 of treatment respectively.

**RESULTS:** ANOVA revealed improvement among all 3 groups as statistically significant difference ( $p < 0.05$ ) between the start and end of trial. Analysis using Chi square test shows a statistically significant difference in the improvement between laser and the other 2 groups. Mean difference in the change of scores between the assessments showed laser therapy to have a tendency towards progressive improvement over the treatment period and a better improvement than the other 2 groups.

**CONCLUSION:** We conclude that laser can be used as an effective treatment regimen in the management of myofascial trigger points thereby reducing disability caused due to musculoskeletal pathology.

Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/22980377?dopt=Citation>

Click on the link below to access the full study:

<http://www.ccsenet.org/journal/index.php/gjhs/article/download/18002/12473>

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