

# Low level laser therapy for nonspecific low-back pain (2008)

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## Overview of the study

### Objectives

- To assess the effects of low level laser therapy in patients with non-specific LBP

### Methods

- Evidence current up to 14 November 2007
- Participants: Adult ( $\geq 18$  years) with acute, sub-acute or chronic low-back pain
- Intervention: Low level laser therapy (LLLT)
- Outcomes measured
  - Primary outcomes: low back pain, low-back-related disability
  - Secondary outcomes: overall improvement or satisfaction with treatment, QOL, return-to-work, days of absenteeism, days of reduced activities, range of motion, spinal flexibility, muscle strength, adverse effects

## Results & Conclusion

- Seven trials (384 participants) included

| Treatment | Evidence  | Quality of evidence* |
|-----------|---|----------------------|
| LLLT      | Statistically significant but clinically unimportant pain relief compared to sham for LLLT for sub-acute and chronic LBP at short-term and intermediate term follow up (up to 6 months) | Strong               |
|           | More effective than sham at reducing disability in short term   | Moderate             |
|           | No more effective than exercise, with/without sham in the short-term in reducing pain or disability   |                      |
|           | LLLT plus exercise is not more effective than exercise, with/without sham in the short-term   | Strong               |

⇒ There are insufficient data to draw firm conclusions on the clinical effect of LLLT for low-back pain

\* The GRADE approach was not used to assess quality of evidence.