PHOTOBIOMODULATION IN THE REHABILITATION OF KNEE OSTEOARTHRITIS

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Preface

Knee osteoarthritis (KOA) has surged as a critical global public health issue, burdening healthcare systems and affecting millions worldwide. This degenerative condition, marked by joint deterioration leading to pain and restricted mobility, demands nuanced therapeutic approaches for optimal patient outcomes. Photobiomodulation (PBM), or laser therapy, stands out among treatments, showing promise in KOA rehabilitation. This book, "Photobiomodulation in the Rehabilitation of Knee Osteoarthritis", meticulously explores the synergy between KOA and PBM therapy. Its aim is to dissect KOA's complexity and unveil PBM's potential in symptom alleviation.

Through carefully crafted chapters, it offers foundational knowledge and cutting-edge insights. Chapter 1 introduces KOA, providing essential context on its prevalence and impact. Chapter 2 discusses conservative management strategies, paving the way for a detailed exploration of PBM in subsequent chapters. Chapter 3 focuses on PBM's historical evolution, mechanisms, and clinical applications, including dosage and safety considerations. Chapter 4 compares low-level and high-intensity PBM, elucidating their therapeutic potentials. Finally, Chapter 5 consolidates clinical evidence supporting PBM's efficacy in KOA symptom management, drawing from rigorous trials and reviews. This book transcends academic discourse, serving as a vital resource for advancing KOA rehabilitation practices. By synthesizing knowledge, it empowers researchers, clinicians, and stakeholders to navigate KOA complexities and optimize PBM therapy for better patient outcomes.

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