

# Class IV Companion Therapy Laser Unilateral Elbow Arthritis

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## Problem

Chronic, progressive osteoarthritis of the left elbow following elbow trauma as a juvenile. On presentation the patient had a weight bearing limp, the elbow was markedly enlarged, had limited range of motion and was painful on palpation. Medical therapy was limited to glucosamine – chondroitin sulfate supplement by the referring veterinarian.

## Patient

"Titan", German Shepherd, 11 yr, FS, 81 lb.

## Procedure

Treatment using a Class IV therapy laser was used to reduce pain and inflammation in the left elbow. The joint and surrounding area were treated three times a week for three weeks, then once every two weeks for maintenance.

## Companion Laser Settings

The left elbow and surrounding tissues were treated from all directions with the joint in normal position as well as maximum limits of flexion and extension.

10 W / 2 min / CW      Target Dose: 8 joules/cm<sup>2</sup>

## Rationale

CW only treatment with appropriate target dose gives excellent pain control, reduces treatment time and has been demonstrated to be as effective as multiple Hz treatments in many patients.

## Results

Titan showed increased weight bearing and decreased limp after three treatments. The owners reported an increase in activity at home.



**Fig. 1: Treatment of the left arthritic elbow from the posterior aspect with the left forelimb in normal position.**



**Fig. 2: Treatment of the tissue surrounding the left elbow from the anterolateral aspect.**

