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Near -Infrared Photo Energy Therapy (Anodyne) could Reduce Diabetic Peripheral Neuropathic Pain

Palanghi F., DeBellis A., Butelli L., Gioffredi M., Gori R., Picciafuochi R., Martini N., Anichini R. Diabetes Foot Unit , General Hospital, USL 3 PISTOIA, Italy.

Anodyne Therapy[®] (MIRE) is an infrared therapy device known for its action on increased local circulation and pain reduction.

The aim of this study was evaluate the role of infrared therapy in diabetic subjects with painful neuropathy , reduction of physical performance and the use of pain medications. **Study design and protocol:** All subjects in the study (n.18, females 70%) had diabetic peripheral neuropathic pain (DPNP) with chronic pain in the lower extremities, they used an Anodyne Therapy system for a mean of 24 treatments, the average treatment protocol was 3 times a week for 40 minutes, and included physical therapy intervention such as a protocol of adapted Physical Activity. For evaluation pain we used Numeric Visual Analogue Scale (VAS) from 0-10 (10 being the worst pain). **Results:** In patients reporting at the beginning of the treatment significant pain, VAS was 5.8 ± 2.2 . and at the end of the treatment VAS was 2.2 ± 1.8 ($p < 0.001$); showing in 88% of patients a significant pain relief. At the end of the study 64,6 % patients had a weak pain and did not use pain medication anymore, 32% had a weaker pain in comparison with that suffered before therapy, and used 50% pain medications; 3,8 % didn't decrease or change the amount of pain medications. **Conclusion:** the results of our study show that treatment with near-infrared photo energy (MIRE) in combination with adapted physical activity is associated with reduced lower extremity pain and significant change and decrease of pain medications.