

Dr. Jacob Hans, D.C
Family Chiropractor

Hanassi Avenue 38/1, Haifa, Israel 34644
Tel: 054.9401289
Fax: 077.4702677

drjacobhans@gmail.com
www.drjacobhans.com

ד"ר יעקב הנס
כירופרקט משפחתי

שדרות הנשיא 38/1, חיפה 34644
טל: 054.9401289
פקס: 077.4702677

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Case Study on Acute Hand Contusion with B-cure Laser Sport

Patient: My 6 year-old healthy son.

Problem: My son was playing under a table at school when the table tipped over and crushed his left hand. He was taken to emergency clinic where he was x-rayed, bandaged, and was diagnosed with Contusion of his left hand. When I first saw him there was significant swelling of the middle and index fingers at the metacarpal-phalangeal junction on the dorsal aspect of his left hand, and an open wound on the palmar aspect where the table had made contact. He was in pain, and could not move his fingers.

Prognosis: He had ice pack placed on the injury immediately at school and had it on and off for 40 minutes before he was taken to the emergency clinic to be treated.

Treatment protocol at my clinic: I saw him three hours after the injury occurred and started treatment immediately with the B-cure Laser Sport. I treated three areas on the dorsal aspect of his hand and one area on the palmar aspect just inferior to the open wound, but not directly on it. Treatment time was 6 minutes per area with a 5 minute break between the first two sessions. Four hours later he received another two sessions. On the first day he received four treatments lasting 24 minutes each session, as well as on day two and day three. Thereafter he received 24 minute treatments two times per day for seven days.

Results: After the second session on the first day he said that the pain was going away but he could still not move his fingers. By the end of the second day, after eight sessions, he could move his fingers due to reduction of pain. On day four he was moving his fingers freely and playing catch with his friends, without a bandage, although some swelling was still present at the site of injury. On day seven he was able grasp objects normally and put weight directly on his hand with no discomfort. The swelling resolved after ten days.

Professional Recommendation: In the past, for this type of injury I would ice the area for much longer and use homeopathic Arnica gel to speed up the healing. However, in this case, I decided to only use the B-cure Laser Sport as the only therapy. **I was shocked at how fast it worked**, not only to relieve the pain, but to actually heal the injury! Although the swelling persisted for ten days, its effect on pain reduction and improved function convinced me that the B-cure Laser Sport is a professional tool that every doctor should have in their clinic.

Dr. Jacob Hans, D.C., BSc.
U.S.A. Board Certified Chiropractor

