



## Arthritis

Three hours of exposure to a 50-Hz magnetic field in this study revealed that experimentally induced inflammation and suppressed arthritis in rats was significantly inhibited as a result. **(1)**

In this general review article on the treatment of patients with psoriatic arthritis with magnetic fields, the authors state that an alternating low-frequency magnetic field (30-40 mT) from such generators as "Polius-1" and "Polius-101" improves the clinical state of afflicted joints. Such treatments are normally carried out for 30 minutes per day over a period of 15 to 20 days. **(2)**

This research studied the effects of magnetolaser therapy alone or combined with conventional drugs in rheumatoid arthritis patients. This treatment utilized a AMLT-01 device for magnetolaser therapy and consisted of 14 days with 6 minute exposures daily. An obvious improvement was seen after 3 days of treatment, with greater improvement by patients suffering from mild to moderate levels of the disease. End results computed into a 90 percent patient improvement rate. **(3)**

This study on 7 to 14 year old juveniles suffering from rheumatoid arthritis examined effects of low-frequency magnetic fields from a Polius-1 device. Ten daily treatment exposures of 10 to 12 minutes each were conducted on three experimental groups. The three groups showed 58, 76, 37 percent beneficial effects from the treatment. **(4)**

Low frequency and constant magnetic fields in patients suffering from rheumatoid arthritis and osteoarthritis was the focus of this study. Patients with stages 1 & 2 rheumatoid arthritis as well as patients with osteoarthritis deformans, showed the beneficial effects from treatments. These low frequency, constant magnetic fields were found especially beneficial to the knees, ankles and wrists. **(5)**

### **Citations:**

**(1)** Y. Mizushima, et al., "Effects of Magnetic Field on Inflammation," *Experientia*, 31(12), December 15, 1975, p.1411-1412.

**(2)** V.D. Grigor'eva, et al., "Therapeutic Use of Physical Factors in Complex Therapy of Patients with Psoriatic Arthritis," *Vopr Kurortol Fizioter Lech Fiz Kult*, (6), 1995, p. 48-51

**(3)** 9B.Y. Drozdovski, et al., "Use of Magnetolaser Therapy with an AMLT-01 Apparatus in Complex Therapy for Rheumatoid Arthritis," *Fiz Med*, 4(1-2), 1994, p. 101-102

**(4)** E.A. Shlyapok, et al., "Use of Alternating Low-Frequency Magnetic Fields in Combination with Radon Baths for Treatment of Juvenile Rheumatoid Arthritis," *Vopr Kurortol Fizioter Lech Fiz Kult*, 4, 1992, p. 13-17.

**(5)** V.D. Grigor'eva, et al., "Therapeutic Application of Low-Frequency and Constant Magnetic Fields in Patients with Osteoarthritis Deformans and Rheumatoid Arthritis," *Vopr Kurortol Fizioter Lech Fiz Kult*, 4, 1980, p. 29-35.

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