



Chronic Venous Insufficiency

This study examined the effects of alternating magnetic fields (15–20 minutes per day over a period of 20 days) in patients suffering from chronic venous insufficiency, varicose veins, and trophic shin ulcers. Results showed good effects in 236 of the 271 patients receiving the treatment. Thirty-four patients reported satisfactory effects. Only one patient experienced no effects. **(1)**

This review article notes that magnetotherapy in a variety of forms has been successfully used in the treatment of chronic venous insufficiency and is a commonly used physical therapy for the condition. **(2)**

This study examined the effects of running impulse magnetic fields in patients suffering from vessel obliteration diseases of the legs. Treatment consisted of 15–20 whole body exposures (0.5–5 mT, 1–2 Hz) lasting 15–20 minutes each. Results showed treatment led to a significant reduction in the number of patients experiencing leg pain while at rest. Among patients previously unable to walk a 500-m distance, 52 percent were able to complete the distance following treatment. Circulation improved in 75–82 percent of patients. **(3)**

Citations:

(1) E.I. Pasyukov, et al., "Therapeutic Use of Alternating Magnetic Field in the Treatment of Patients with Chronic Diseases of the Veins of the Lower Limbs," *Vopr Kurortol Fizioter Lech Fiz Kult*, 5, 1976, . 16–19.

(2) A.P. Dovganiuk, "Balneologic and Physical Therapy of Chronic Venous Insufficiency of Extremities," *Vopr Kurortol Fizioter Lech Fiz Kult*, 2, 1995, . 48–49.

(3) Y.B. Kirillov, et al., "Magnetotherapy for Obliterative Disease of the Vessels of the Legs," *Vopr Kurortol Fizioter Lech Fiz Kult*, 3, 1992, .. 14–17.

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