

Mini Review

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Does The Non-Operative Realignment of Deformities Resulting from Herberden's Nodes by Low-Level Laser Therapy Throw Light on Its Pathogenic Mechanism?

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Introduction

It has long been taught that Heberden's nodes typically affecting the distal interphalangeal joint of fingers in middle to old age are the result of "simple osteoarthritis" is in fact an over simplification of the true state of affairs. OA typically occur in weight bearing joints of the body like the knee joint.

But then this phenomenon is occurring this time in the fingers

even in ladies that do not work in hectic environment and we should note that fingers unlike the knee are non-weight bearing joints.

Recent studies by the author found that typical deformed malaligned Heberden's nodes subjected under Low-level light therapy on a bi-monthly basis for over a year can re-align the deformed joint and decrease the nodules sizes as illustrated in Figures 1 and 2 without the use of medicine nor surgery.



Figure 1: Elderly lady with deformity associated with Heberden's nodes in Index and Middle Fingers.



Figure 2: The same lady had the DIPJ deformities corrected and even the skin looks much better after 1 year of treatment.

But does this throw light on the pathogenesis of Heberden's nodes?

The answer is affirmative. Recent ground breaking studies [1] showed the importance of ligaments in early hand OA by the use of high-resolution magnetic resonance imaging and histology examinations. The same applies to complex lower limb joints such as the knee [2] confirming the importance of intra-articular ligament degeneration with a key role to play in cartilage and bone destruction. The study on the use of LLLT improving joint deformity in hand OA throws supportive evidence that this is mediated via its anti-inflammatory and healing effects of the Ligaments and its Sites of Attachment of the distal interphalangeal joints of the hand. The figures attached showed illustrations that contrary to the popular belief that Heberden's nodes represent simple OA and the subject should pose an interesting start for the scientific community to re-think the causation and treatment of malalignment in joints in middle to old age patients, a brief book written by the author can act as a start for the interested reader [3].

Acknowledgement

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Conflict of Interest

No conflict of interest

References

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