

Special Issue

Knee Osteoarthritis and Photobiomodulation Therapy

Message from the Guest Editors

In the recent osteoarthritis treatment guidelines established by the National Institute of Health Care Excellence in the U.K., therapeutic exercise and weight management are recommended alongside drug medication to alleviate pain. PBMT applies red and near-infrared light over sites of pathology to facilitate tissue healing, reduce inflammation, and relieve pain. PBMT includes low-level laser therapy (LLLT), high-intensity laser therapy (HILT), and light-emitting diode therapy (LEDT). Both LLLT and LEDT have been studied for decades. The results of a systematic review of randomized placebo-controlled trials indicates that LLLT, at ≥ 4 J with 785–860 nm wavelength and at ≥ 1 J with 904 nm wavelength per treatment spot, can reduce pain and disability associated with knee osteoarthritis in humans. Likewise, there is some evidence to support the use of LEDT and HILT. The purpose of this Special Issue of *Life* is to disseminate research and catalyze debate on all matters related to the use of PBMT in knee osteoarthritis. We welcome cell and animal studies, clinical trials, narrative and systematic reviews, and viewpoint articles.

Guest Editors

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Message from the Editor-in-Chief

Life (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

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