

# Arthritis

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# Hand Related

1.) Main thumb joint (connecting to palm) was causing the individual pain, swelling and reduced motion. Symptom in included stiffness and popping. Allopathic medicine stated future surgery, including the insertion of a pin may be required. A 3W LED with 45 degree focusing lens was given to be used up to 30 minutes a day. Individual reported to use twice a day (morning and evening). Within a couple weeks, a reduction in swelling, pain and increased motion were possible. Within a month, apparent full recovery was observed. Close to year, and the individual's thumb is still recovered.