

Hsieh RL, Lo MT, Lee WC, and Liao WC. Therapeutic Effects of Short-Term Monochromatic Infrared Energy Therapy on Patients With Knee Osteoarthritis: A Double-Blind, Randomized, Placebo-Controlled Study. *J Orthop Sports Phys Ther* 2012; 42(11):947-956.

Reviewer: Linda Metzger 1-29-15

Design: Randomized controlled trial

Objective: To examine the short-term therapeutic effects of monochromatic infrared energy (MIRE) on participants with knee osteoarthritis (OA).

Summary of Results:

- In summary, the results of this randomized, double-blind, placebo-controlled trial demonstrated that short-term MIRE treatment provided no beneficial effects to patients with knee OA for body functions, activities, participation, and quality of life.

Reasons not to Cite as Evidence:

- The authors reported multiple outcome measures (7+) and did not designate a primary outcome.
- None of the multiple outcome measures showed significant differences between the 2 groups at any of the 4 follow-up assessments. These consistent results from multiple outcomes actually strengthen the evidence against the use of MIRE for treatment of knee OA.
- Based on only this one study, there is lack of supporting evidence from other studies to make a definitive statement that MIRE has no therapeutic effects on knee OA.

Assessment:

Inadequate for evidence of the effect of monochromatic infrared energy (MIRE) on knee OA.