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Piroxicam and laser phototherapy in the treatment of TMJ arthralgia: a double-blind randomised controlled trial

[M L de Carli](#)¹, [M B Guerra](#), [T B Nunes](#), [R C di Matteo](#), [C E P de Luca](#), [A C C Aranha](#), [M C Bolzan](#), [A L Witzel](#)

Affiliations expand

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Abstract

This study aimed to evaluate the efficacy of piroxicam associated with low-level laser therapy compared with single therapies in 32 patients presenting temporomandibular joint arthralgia in a random and double-blind research design. The sample, divided into laser + piroxicam, laser + placebo piroxicam and placebo laser + piroxicam groups, was submitted to the treatment with infrared laser (830 nm, 100 mW, 28 s, 100 J cm⁻²) at 10 temporomandibular joint and muscle points on each side during four sessions concomitant to take one capsule a day of piroxicam 20 mg during 10 days. The treatment was evaluated throughout four sessions and 30 days follow-up through visual analogue scale (VAS), maximum mouth opening and joint and muscle (temporal and masseter) pain on palpation. The results showed that all the study groups had a significant improvement in the VAS scores ($P < 0.05$), and there were no significant group differences. Piroxicam was effective in the reduction of joint and muscle pain on palpation ($P < 0.05$) and showed the lowest temporal pain ($P = 0.02$) at the 30-day follow-up. The combination of low-level laser therapy and piroxicam was not more effective than single therapies in the treatment of temporomandibular joint arthralgia. The use of piroxicam was more effective in the following 30 days.