



Cold Laser Therapy



The term cold laser refers to the use of low-intensity or low levels of laser light. Cold laser treatment is thought to help some types of pain, inflammation, and wound healing. These lasers are used directly on or over the affected area.

Cold Laser Therapy, also known as Low-level Laser Therapy (LLLT), has been investigated and used clinically for over 30 years, mostly in Eastern Europe and Asia. The ability of lasers to cut, cauterize and destroy tissue is well known. These same or similar lasers at lower powers can non-thermally and non-destructively alter cellular function. This phenomenon, known as laser bio-stimulation, is the basis for the current use of lasers to treat a variety of articular, neural and soft tissue conditions.

Cold lasers are also sometimes used like acupuncture. The laser beams are used to stimulate the body's acupoints rather than needles. This treatment

regimen appeals to those who want acupuncture but who fear the pain of needles.

Some cold laser therapy providers advertise this method as a way to help people quit smoking. The treatments are supposed to relax the smoker and release endorphins (naturally-occurring pain relief substances) in the body to simulate the effects of nicotine in the brain, or balance the body's energy to relieve the addiction.

The Cold Laser, or Low Level Laser Therapy, can be used for:

- Inflammatory conditions such as Carpal Tunnel Syndrome, Epicondylitis, Plantar Fasciitis, and Bursitis with excellent results.
- Pain management for Fibric Myalgia Myofscial pain, cervical neck pain, thoracic pain, and low back pain.
- Connective tissue disorders such as sprains, strains, tendonitis, and tendon ruptures.
- Joint injuries or disorders such as TMJ disorders, osteoarthritis, dislocations, and ligament injuries.
- Muscle injury or disorders such as muscle bruises, contusions, muscle ruptures, and muscle shortening contractures like frozen shoulders.
- Neurological injury or disorders such as prolapsed disc, ruptured or herniated discs, crush injuries, neuritis, and headaches.

The biological effects of Low Level Laser Therapy has been shown to significantly accelerate and enhance the body's natural defense and repair abilities when injured. By reducing the duration of inflammation as well as enhancing specific repair and healing process, Low Level Laser Therapy has been proven to provide pain relief, reduce damage due to the in-



jury and loss of function. Low Level Laser Therapy enables the body to have a more rapid repair and stronger tissues once healed.

Well-controlled scientific studies are underway using reliable low level laser devices for pain, wounds, injuries, and other conditions. Certain types of cold laser treatment may eventually become part of conventional medical care.

This method should not be confused with conventional laser surgery, which is used as a valid treatment for some cancers. Hot lasers may be used to shrink or destroy tumors on the skin or on the surfaces of internal organs. They are sometimes used to remove colon polyps or tumors that are blocking the windpipe, colon, or stomach. They can help relieve symptoms of cancer, such as bleeding. Laser surgery for cancer is usually combined with other treatments such as surgery, chemotherapy, or radiation therapy.

Call us today to arrange for a **FREE** initial evaluation.