

Laser Therapy

What Is Laser Therapy:

Cold Laser Therapy or Low Level Laser Therapy (LLLT) is a treatment that utilizes specific wavelengths of light to interact with tissue and is thought to help accelerate the healing process. It can be used on patients who suffer from a variety of acute and chronic conditions in order to help eliminate pain, swelling, reduce spasms and increase functionality. When cells absorb this light energy, it initiates a series of events in the cell that is theorized to eventually result in normalizing damaged or injured tissue, a reduction in pain, inflammation, edema and an overall reduction in healing time by increasing intracellular metabolism.

Cold laser therapy can stimulate all cell types including muscle, ligament, cartilage, nerves, etc., so a number of conditions can be treated by cold laser therapy. Some of conditions that may typically be treated by cold laser therapy include:

- *Arthritis pain*
- *Back pain*
- *Carpal tunnel syndrome*
- *Fibromyalgia pain*
- *Knee pain*
- *Neck pain*
- *Tendonitis*

Laser Therapy Protocol:

Laser Therapy treatments generally take time. The typical treatment plan will consist of 12 initial visits- Usually being seen 3x a week for the first 4 weeks; after which time the patient will re-evaluated for treatment effectiveness. IF further care is required, the doctor will review this with you. Therapy can take 15-30 visits on average.