

# HOW TO PREPARE, PERFORM & RECOVER *with* COLD LASER THERAPY

by Jaime Del Collins

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Cold Laser Therapy also known as LLLT (Low level laser therapy) has been implemented and respected for well over 40 years in the medical, physical therapy and more recently, veterinary fields. The large world of Cold Laser has dramatically evolved with technological advances. LLLT is based on physics and science, and with over 4000 extensive clinical studies there are well over 300+ protocols for treatable conditions.

My personal choice when upgrading lasers after extensive research on new technologically advanced LLLT became the ACTIVet laser by Multi Radiance Medical. This laser had all of the peak power for repairing tough injuries like fractures and bowed tendons and most importantly it has the greatest degree of safety on the market. I was in need of a device that had rapid results with a high safety margin. The ACTIVet laser has a state of the art design with super pulsed power and encompasses a combination of unrivaled wavelengths and frequencies to deliver controlled therapeutic energy as deep as 5" into the tissue. Consistent quality results are what are achieved at Soundness Solutions with use of the ACTIVet.

## **Prepare...**

As a therapist to a diverse group of performance horses and leading race trainers for thoroughbred and quarter horses, results are everything. When seconds count, knowing that prepping a horse with the ACTIVet before a competition, the athlete is going to have a scientifically proven clinical 3% advantage amongst the rest of the group. That is considered a "game changer" for most. For example a horse that receives treatment before a race that is "on the muscle, and has muscle groups rock solid through touch" can achieve suppleness within minutes of being lasered. The suppleness acquired is going to lead to improved flexibility and range of motion. Another example of why trainers and owners choose the ACTIVet is being able to offer on the spot pain relief for many different conditions. An example of pain relief may be a horse that has arthritic hocks or stifles, or hooves that take a pounding on undesired footing and may get "stingy or ouchy." The demands of traveling and racing can be challenging on the immune system of horses--oxygenating the blood for wellness during these times of stress is highly embraced and can be done all with LLLT.

## **Perform....**

Personally my experience, has demonstrated horses who receive LLLT respond better at a more efficient rate for an event. When these athletes have been prepped and primed for pain relief, they have greater flexibility and improved function of their muscles and joints. When they are conditioned properly and feeling their best, they will perform better without a doubt.

## **Recover....**

From a better performance achieved with LLLT pre-race, to an even better horse that returns to the stall, LLLT will give a "two for one" positive affect on a horse that has received pre-competition treatment. Personally the best part about offering pre-race therapy to these high performance athletes is not having a trainer or owner contact me because a horse is body sore after a race or competition. Horses that receive a pre-race LLLT treatment will not appear tired or overly exhausted post race. I see this often when checking horses for pain or discomfort at 24, 48, 72 hours post race. This is a result of how pre-race LLLT helps combat lactic acid build up in the tissue which is normally endured post-race and does contribute to body soreness. Clinical studies with the ACTIVet show that with application prior to an event the athlete will recover 300% faster.

## **Cold laser therapy uses...**

Here is a brief list of clinically-documented, treatable conditions for which LLLT is used... targeted pain relief for back/body soreness, spasms "tying-up," fractures, ligament strains, bowed tendons, quarter cracks, wound care "non healing wounds," arthritic conditions, anxiety, nerve regeneration, reducing swelling, controlling inflammation, burns, lymphatic drainage, laser-puncture in lieu of acupuncture (not all horses love needles), pain management of "kissing spine", oxygenation of the blood and the long list goes on.

## **How does cold laser therapy work?**

Through the process of photobiomodulation a.k.a. photosynthesis, photons deliver nitric oxide at a cellular level directly to the mitochondria, the "powerhouse of the cell." Next, an increase and exchange of ATP production begins, leading to repair and regeneration of damaged tissues in the cells, thus returning them to an optimum level of function and accelerated state of heal-

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## Outer branch Suspensory Injury



(Left) Day 1 of Laser Treatment

Right: 21st day of a laser treatment within 25 days.

(Left) Day 1 of Laser Treatment

Right: 26th day of a laser treatment within 32 days.



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### Continue...Cold Laser Therapy

ing. The user friendly ACTIVet has built-in presets into the laser; which emit a wide variety of the most documented clinically effective wavelengths, frequencies, red/blue LED and super pulsed infrared & laser technology to target the desired effect on the tissue. To date there are no clinically documented adverse or harmful side effects of LLLT.

### Who uses the ACTIVet?

It is trusted by world-class athletes, college and professional sports teams, elite veterinarians, therapists, Justin Sports Medicine, the choice of the U.S. Equestrian Olympic teams and provided exclusive laser

therapy for the U.S. teams for the World Equestrian Games. Dena Kirkpatrick, world-renowned barrel racing champion, trainer and clinician recommends and states, "the MR4 ACTIVet is my edge to keep my horses happy and healthy." Congrats are in order for these professionals that now own their own ACTIVet... Callie duPerier who recently won the 2014 Wrangler Champions Challenge event in Kissimmee, FL, Kaley Bass leading the WPRA standings and Samantha Lyne who is making her debut appearance for the 2014 NFR. Soundness Solutions is looking forward to continued support and help during the NFR and beyond.

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