



## Cold Laser Therapy

There are two types of medical lasers: High power and low power. High power lasers are used to cut through tissue. Low level lasers are used to stimulate tissue repair through a process of bio-stimulation. The low level laser has been used in Europe since the 1960's. It was approved by the FDA for use in the United States in 2004. We have had one in our clinic since 2005 and have had great results working with patients with many different problems. We use a Medx Photo laser. The laser devices are positioned directly on the skin with gentle pressure—there is no discomfort or sensation associated with the treatment. The effects of the treatment can be seen locally and regionally with a direct benefit over the affected injury and regionally with positive effects seen in the surrounding tissue and systemically with broader effects evident through increased cell membrane permeability and chemical mediators carried in the blood, lymphatic and nervous systems. When cells are exposed to the laser light many positive changes occur. Some of the conditions that can benefit from laser treatment are: chronic neck and lower back pain, arthritis/rheumatism, tendonitis, carpal tunnel syndrome, soft tissue injuries, migraine headaches, TMJ problems, sinusitis, plantar fasciitis, fibromyalgia, wound healing, inflammatory processes and many others. The therapy consists of 10-15 minute sessions, 2-3 times a week for 4-8 weeks.