

# Cold Laser Therapy - “A Potential Pain Fighter”

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Looking for a unique treatment that can help your body heal from chronic injuries and relieve pain? A form of alternative medicine, Low Level Laser Therapy (LLLT), or “cold laser” is changing the way medical doctors, chiropractors, physical therapists, and other health care professionals are helping individuals heal from injuries and chronic disease to improve their quality of life.

## **Lasers are playing a growing role in medical care as technology has improved and doctors are finding new uses for the devices:**

Cold laser therapy is a FDA-approved laser therapy that has been proven to be remarkably safe, painless, and effective in treating both acute injuries and chronic pain of various kinds. Low level laser therapy traces its history back to the early 1960’s when researchers discovered that laser light could stimulate a response at the cellular level of tissues in the body, resulting in increased energy levels (ATP). This increase in energy enables the body’s cells to metabolize at a higher rate and speeds its natural ability to heal (biochemical energy). This process is similar to the human body using the sun’s energy to manufacture Vitamin D.

## **Endless Applications:**

Low level laser therapy has almost endless applications because of its approach to healing. Its low intensity does not burn or cut tissue like high-powered surgical lasers and there are no known side effects in its over 40 year history of use. In addition to inflammation treatment, surgical wound healing and stop-smoking therapy, Laser therapy is effective in treating many conditions that are prominent today, such as chronic arthritis, TMJ, planar fasciitis, tendonitis, carpal tunnel syndrome, neck and back pain, muscle strains, joint sprains, tennis/golf elbow, fibromyalgia, and sports injuries just to name a few. Many professional athletes utilize laser therapy to reduce healing time to get them back into the game with less chance of re-injury.

Countless other people are reaping the benefits of laser therapy by eliminating their dependence on pain medications, avoiding surgery, decreasing or eliminating pain, and returning to a healthier lifestyle.

## **The Studies Show:**

More than 3000 research reports are published and more than 90% of these studies do verify the clinical value of laser therapy. Clinical benefits of LLLT occur both when LLLT is used as monotherapy but preferable in combined treatment with an exercise and stretching program.



*John V. DeMaio, DC, CCN*

Some studies have found that the median magnitude for pain relief is at least twice that of NSAIDS.

In the case of neck pain, they showed that LLLT reduces pain immediately after treatment in acute neck pain and up to 22 weeks after completion of treatment in patients with chronic neck pain.

When the right wavelength at the right intensity is used at the correct anatomical location for the right amount of time you can stimulate repair, resolve inflammation and reduce pain.

## **Frequency of Treatments:**

“The results have been remarkable,” says John DeMaio, a Chiropractic physician in Gambrills MD. He uses the laser on patients who have neck and back pain. Patients come in for five- to 10-minute applications that often complement physical therapy. While some patients get immediate results, others require 6-10 treatments before seeing a lasting effect. Less severe or acute injuries will require fewer treatments than chronic or severe conditions.

“We can often see results in minutes where we see the patient’s range of motion improve and it improves pain,” DeMaio says. The laser reduces chronic neck and back pain because it reduces inflammation and activates cells to improve the natural healing process, he says.

A combination of cold laser and electric stimulation, cold laser therapy is one of the most effective healing therapies in the medical community today. Completed in one to three sessions, cold laser therapy is not only significant in reducing treatment time, it is cost effective as well.

## **Therapeutic Benefits of Laser Therapy**

- Laser light reduces swelling, leading to decreased pain, less stiffness, and a faster return
- Laser light accelerates cellular reproduction and growth.
- Laser light increases blood flow to the injured area.
- Laser light stimulates fibroblast development and accelerates collagen synthesis in damaged tissue.
- Laser light reduces formation of scar tissue, leading to more complete healing, with less chance of weakness and re-injury later.
- Laser light speeds nerve cell processes which may decrease pain and numbness associated with nerve-related conditions.

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