

Low Level Laser

Low Level Laser Therapy (LLLT) is quickly becoming the first line of attack in pain control and tissue healing. It has proven to be a safe, non-invasive, drug-free, pain-free and surgery-free therapy that is beginning to revolutionize healing and recovery in modern medicine and sports medicine. It is also quick and easy to apply and results are often immediate with no side effects.

Frequently asked questions about Low Level Laser Therapy:

1. What is Laser therapy?

The term laser is an acronym for Light Amplification by Stimulated Emission of Radiation. It is a treatment in the form of light energy. The light is a specific color and wavelength, which has healing properties. The frequency is the exact frequency used and created by the cells.

2. How does Low Level Laser or Light therapy work?

When light interacts with tissue, it causes certain photochemical reactions to occur at the cellular level stimulating natural biological processes to occur. This is referred to as photo-bio-stimulation. Many of these reactions have beneficial effects on the body which include:

- ✓ Stimulates the Immune System and Increases two of the major healing enzymes by up to 75%
- ✓ Anti-inflammatory (speeds healing). Acts as an anti-inflammatory by reducing seven of the nine inflammatory enzymes by up to 75%.
- ✓ Analgesic (pain reducing), by stimulating the cells to produce their own endorphins/natural pain killers
- ✓ Anti-edema (reduces swelling) and decreases postoperative swelling
- ✓ Normalized nervous system (Improves Nerve fiber conduction)
- ✓ Transforms living cells from an unstable state of illness into a stable, healthy state
- ✓ Improves general Blood Circulation and microcirculation, improving blood supply to the cells, muscles and tissues, which reduces the possibility of ischemic injury and speeds healing.
- ✓ Facilitates faster tissue regeneration from injury due to accident or sports overexertion

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3. Is Low Level Light Therapy Safe?

Light therapy is not Harmful!!! Lasers used for tissue stimulation are called “cold” lasers because they don’t heat tissues or damage cells. After 30 years of clinical use, low power lasers have not been found to have any adverse side effects or cause cancer. In fact, lasers are proving useful in pain management for chronic cancer patients.

4. What will I feel during treatment?

Light therapy is a PAINLESS form of therapy. Most people feel nothing at all while a few may feel a slight tingling during the treatment or a warmth due to increased circulation.

5. How long does a treatment take?

Treatments may last as little as 2 minutes or as long as 15 minutes.

6. How many treatments are needed?

The total number of treatments required is usually 3-15, depending on the body’s natural healing rate. This will be different for each patient. The more severe or chronic the condition, the greater number of treatments required.

7. How often must treatment be done?

It may be necessary for the patient to have daily for treatments for the first three visits in order to jump start their healing: in general two to three times per week is usually sufficient to maintain the cells in bio-stimulation.

8. What can I expect from my treatment?

While some patients get immediate results, others usually require 3 to 6 treatments before there is a lasting effect. Each patient will respond differently according to his or her own body’s natural healing rate.

9. What does a treatment cost?

The cost for laser therapy is \$20. Unfortunately, insurance companies do not recognize the value of this therapy and refuse to provide reimbursement for this service. You are asked to pay for this treatment at the time of service.