

How often should a patient be treated?

Acute conditions may be treated daily, particularly if they are accompanied by significant pain. More chronic problems respond better when treatments are received 2 to 3 times per week, tapering to once a week or once every other week with improvement.

How many treatments does it take?

This depends on the nature of the condition being treated. For some acute conditions, 1-6 treatments may be sufficient. Those of a more chronic nature may require 10 to 15 (or more) treatments. Conditions such as severe arthritis may require ongoing periodic care to control pain.

How long before the results are felt?

You may feel improvement in your condition (usually pain reduction) after the very first treatment. Sometimes you will not feel improvement for a number of treatments. This does not mean that nothing is happening. Each treatment is cumulative and results are often not felt until after 3 or 4 sessions.

Can it be used in conjunction with other forms of treatments?

Yes. Laser Therapy is often used with other forms of therapy including physical therapy, acupuncture, chiropractic adjustments, massage, soft tissue mobilization, electrotherapy and following surgery. Other healing modalities are complementary and can be used with lasers to increase the effectiveness of the treatment.

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COLD LASER THERAPY



What is Laser or Light Therapy?

Low-level laser and LED therapy is the use of specific wavelengths of light (red and near infrared) to create therapeutic effects. These effects include improved healing time, pain reduction, increased circulation and decreased swelling. The light may be provided by a low-power laser or an LED (light-emitting diode). Laser emits energy in the form of photons; these particles of energy are absorbed by cells and tissue, resulting in conversion of light into biochemical energy. Multiple physiological responses are thereby initiated and normal cell function is restored. This process is curative and eliminates symptoms (i.e., pain, edema, etc).

What is the History?

The effects of red light on cellular function have been known since 1880; however, the clinical benefits were only discovered by accident during laser safety tests in 1967. The first low-power lasers suitable for treating pain became available commercially in the late 1970's and ever since then, laser therapy has been widely utilized in Europe by physical therapists, nurses, and doctors. Now, after FDA approval in 2002, laser therapy is quickly gaining popularity in the USA.

Research Demonstrates:

- Injuries treated with laser therapy heal faster
- Laser therapy improves blood flow & lymphatic drainage
- It is an effective means of relief for many pain syndromes
- It can improve immune response

SOFT TISSUE INJURIES

Tendinopathies	Sprains, Strains
Back and Neck Pain	Repetitive Strain Injuries
Carpal Tunnel Syndrome	Chondromalacia Patellae
Myofascial Trigger Points	Plantar Fascitis
Epicondylitis (Tennis Elbow)	Contusions

DEGENERATIVE JOINT CONDITIONS

Rheumatoid Arthritis	Osteoarthritis
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NEUROGENIC PAIN

Herpes Zoster (Shingles)	Trigeminal Neuralgia
RSD/CRPS	Fibromyalgia
Post-Traumatic Injury	Diabetic Neuropathy

CHRONIC NON-HEALING WOUNDS

Venous Ulcers	Diabetic Foot Ulcers
Amputee Stumps	Burns

Frequently Asked Questions

Does it hurt? What does treatment feel like?

There is little or no sensation during treatment. Occasionally one feels a mild, soothing warmth or tingling.

Are there any side effects or associated risks?

During more than 20 years of use by healthcare providers all over the world, very few side effects have ever been reported. If a patient is allergic to light, he or she may get a rash or blister for a few days. Occasionally some old injuries or pain syndromes may feel aggravated for a few days, as the healing response is more active after treatment.

How long does each treatment take?

The typical treatment duration lasts 5-15 minutes depending on the size of the area being treated and its condition.

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