

Have You Seen The Light?

Alternative laser therapy offers cost-effective pain relief in seconds

By Melanie Rembrandt

Are you paying for high-priced drugs and experiencing side effects without relief? Was your medication recently recalled by the Food and Drug Administration (FDA)? "Cold" laser therapy, or low-level laser therapy, may be the solution to your pain-management problems.

Cold laser therapy is a non-medical procedure that is growing in popularity worldwide. And the FDA has approved it for the treatment of various chronic and acute conditions including:

- **Carpal Tunnel Syndrome**
In 2002, doctors conducted clinical trials of 119 General Motors workers in Flint, Michigan. Of those suffering from carpal tunnel syndrome (an injury causing hand numbness and pain), half of the injured workers were given a sham treatment, and half were given cold laser therapy. At the end of the study, about 70 percent of the subjects receiving the actual laser treatment felt better and returned to work.
- **Arthritis**
A 2000 study done by the Cochrane Collaboration, a non-profit, healthcare-group, looked at all of the available research on arthritis and laser treatment. The findings indicated that, "laser therapy decreased pain and morning stiffness and increased hand flexibility more than placebo therapy."
- **Tennis Elbow**
Many athletic organizations use cold laser therapy to treat tendonitis, tennis elbow and other sports injuries. "The cold laser has given athletes significant relief from pain and increased their range of motion," states Edward Ryan III, director of Sports Medicine for the U.S. Olympic Training Center, in *The Washington Post* (2/17/04).

Painless Therapy

And you may be very surprised to hear that many patients consider laser therapy relaxing. Just picture it. You rest as a technician directs a straight line of compressed light at the injured tissue with a handheld device that looks like a flashlight. The light penetrates deep into your skin's layers, but you feel no pain.

In contrast to "hot" lasers used in surgery, cold lasers work with a different wavelength from the light spectrum and are less than 1% as powerful. This means that while you may not feel anything, the cold laser therapy is increasing the immune responses in your blood. In just seconds, the light converts to chemical energy that promotes natural healing and pain relief!

Even more exciting, cold laser therapy usually costs much less than surgery or other treatments. For example, a typical therapy cycle may take less than 15 sessions at \$25.00 each, depending on your condition.

Is it safe?

If laser therapy interests you, ask your doctor if you are a good candidate. All laser devices in the U.S. are subject to mandatory performance standards and quality-assurance tests. Also, there are strict regulations for laser technicians so risk levels are low.

However, it is important to do some research prior to undergoing this alternative treatment. Check with your state medical-licensing board to determine who qualifies as a licensed practitioner in your area. Once you choose an experienced technician, you can start enjoying all of the potential benefits of cold laser therapy.

To learn more, call our experts at (866) 426-3876. Isn't it about time you felt pain free?