

COLD LASER THERAPY

Accelerate your **healing protentional**

Cold laser therapy is FDA cleared for pain control, inflammation control, and increasing blood flow, which allows this therapy to treat a variety of conditions including:

- Acute and chronic pain
- Ligament sprains
- Muscle strains
- Soft tissue injuries
- Tendonitis
- Arthritis
- Tennis elbow
- Back pain
- Bursitis
- Carpal Tunnel Syndrome
- Fibromyalgia
- Plus many others



Cold laser therapy delivers photons from red and infrared laser radiation to damaged cells, where the energy is absorbed through the light sensitive elements in the cell. The process is similar to photosynthesis in plants, where sunlight is absorbed and converted to usable energy so that plants can grow.

When cells in the body absorb light energy it increases intracellular metabolism, which aids in normalizing damaged or injured tissue, reducing pain, inflammation, edema and accelerating healing time. Over 2,500 clinical studies have been published world-wide demonstrating cold laser therapy as a proven method for pain relief and healing.

GENERAL THERAPEUTIC LASER BIOLOGICAL EFFECTS

- Laser photons accelerate **CELLULAR REPRODUCTION** and **GROWTH**.
- Laser photons initiate a higher output of specific enzymes, greater oxygen and food particle loads for blood cells and thus **INCREASES METABOLIC ACTIVITY**.
- Cold laser photons stimulate fibroblast development and accelerates collagen synthesis in damaged tissues allowing **WOUNDS TO HEAL FASTER**.
- Laser photons **REDUCE SWELLING** caused by bruising or inflammation resulting in **ENHANCED JOINT MOBILITY**.
- Laser photons increase **VASCULAR ACTIVITY** by inducing temporary vasodilation that increases blood flow to effected areas.
- Laser photons **REDUCE THE FORMATION OF SCAR TISSUE** following tissue damage from cuts, scratches, burns or post-surgery.
- Laser photon exposure **STIMULATES NERVE FUNCTION** by speeding nerve cell reconnection to bring numb areas back to life.
- Laser photons are specifically designed to **RELIEVE ACUTE AND CHRONIC PAIN**.

BENEFITS OF COLD LASER THERAPY

- Easy to apply
- Extremely safe
- Non-toxic
- Non-invasive
- No side effects or pain
- Cost-effective
- More than 90% treatment efficacy
- Superior alternative to analgesics, NSAIDS, and other medications
- Reduces the need for surgery
- Works synergistically with other types of therapy

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COMMONLY ASKED QUESTIONS

HOW SHOULD I DRESS FOR A COLD LASER TREATMENT?

Your laser treatment must be delivered directly to your skin, so we recommend you wear clothing that will allow access to the affected area. Shorts, sweat pants, a sport bra or similar items are suggested. Alternatively, we can offer you a patient gown if the area needing treatment is not readily accessible.

WHY DO I HAVE WEAR SAFETY GLASSES DURING MY LASER TREATMENT? The laser is a high-powered therapy laser. Laser light can be focused by the lens of your eyes and potentially cause damage to your retina. The safety glasses you were specifically block out the wavelengths of light produced by the laser.

HOW MANY TREATMENT SESSIONS WILL I NEED?

The number of sessions depends on the nature and duration of your condition, as well as other factors. Some acute conditions will respond in six or fewer sessions, whereas chronic conditions may take 15 or more treatments. Some chronic conditions require ongoing care to sustain pain relief and functionality.

WHAT DOES IT FEEL LIKE TO RECEIVE A TREATMENT?

Cold lasers are handheld devices often the size of a flashlight. The practitioner will place the laser directly over the injured area for 30 seconds to several minutes, depending on the size of the area being treated and the dose required. Most people describe it as a soothing, warm sensation.

HOW WILL I FEEL AFTER THE TREATMENT?

Many clients feel a significant reduction in pain on the first visit. Occasionally, clients will feel slightly more pain immediately after treatment – and then feel much better the next day. Most clients report feeling relaxed, or even tired. If you feel less pain, keep in mind that pain reduction is just one goal. The laser therapy is giving your cells more energy so they repair and regenerate new tissues. The effect of laser therapy treatment is cumulative. You will receive more benefit with successive treatments.

DO I NEED TO TAKE SPECIAL PRECAUTIONS AFTER MY LASER TREATMENT?

For the most part, no. Obviously you do not want to overexert or reinjure yourself. If you are planning to work out, you may want to reduce the intensity, or change the nature of your exercise. We recommend you discuss your post-treatment activities with your practitioner.

SHOULD I USE ICE OR PAIN RELIEF GEL AFTER MY TREATMENT?

One effect of the laser treatment is vasodilation – which means your blood and lymphatic vessels have a larger diameter. This helps with inflammation reduction, but for some people, it can also cause soreness. If you feel sore after your treatment, try to wait at least two hours before applying any other treatment. After two hours you may put a cloth-covered ice pack over the area. Leave ice on for no longer than 15-20 minutes every few hours. Do not ice longer than two days. You can also apply topical pain relief to the area.

I FEEL A LOT BETTER. SHOULD I KEEP COMING IN FOR THE NUMBER OF TREATMENTS RECOMMENDED?

Pain relief is just one goal of your care. Cold laser therapy helps your body's repair and regeneration process. Even once pain is diminished, continuing your laser treatments will further assist your healing processes. We suggest that you take advantage of the full number of treatment recommendations provided by your practitioner to ensure the most effective care possible.

HOW MUCH DOES COLD LASER THERAPY COST?

Single Cold Laser Therapy Session (15 –20 min)	\$40
Three (3) Session Pre-Paid Package (15 –20 min)	\$100
Add-on to CranioSacral Therapy Treatment (as part of existing treatment time)	\$25

