



## Healing At The Speed of Light

### Laser Therapy is gaining favor with clinicians in the United States

The therapeutic benefits of light have been known to man since the time of the ancient Greeks and Romans where prominent physicians of the day recommended sunbathing for a range of problems and disorders.

The concept of using low level light based energy, or phototherapy, for therapeutic applications was first proposed by Albert Einstein in 1917, but the technology was not developed until the 1960's, when a Hungarian surgeon named Endre Mester first reported on his experiments with using laser energy to treat infections and inflammations.

Modern phototherapy lasers are commonly referred to as cold lasers, since they operate at a power level low enough that the light energy penetrates into the body but it does not cut or burn tissue. These lasers emit light energy at specific wavelengths between the visible red and infra red spectrums that research has shown, penetrates through the skin to depths of up to 4 inches to activate enzymes in the target cells that stimulates the healing process in human tissue. These activated enzymes cause growth in the damaged cells, improving cell regeneration and function. Another major benefit is clinically proven pain relief due to the release of endorphins and serotonin, the body's natural pain relievers. Studies by NASA, a large contributor to the effectiveness of phototherapy, have proven that human tissue cells repair themselves and return to normal function up to 40% faster when treated with infrared and visible red light. NASA has recently developed phototherapy laser devices for use on all space shuttle missions.

Since FDA approval in 2002, it is estimated that 10% to 15% of all rehabilitation clinics in the U.S. now use phototherapy lasers in their practice and these devices are being used in ever increasing numbers. Additionally, most professional sports teams, including the Dallas Cowboys, now use these lasers to speed healing of damaged tissues in injured players. As of this year, even the PGA, LPGA and Seniors Tour provides phototherapy treatments to players at every tournament. Clinicians use this treatment on patients to reduce pain due to arthritis, strains/sprains, fibromyalgia and other acute and chronic pain conditions. Other conditions treated effectively with phototherapy are carpal tunnel syndrome, soft tissue injuries and wounds.

Phototherapy is easy and safe to use, and in today's harried treatment environments it can be applied quickly and comfortably to patients. Most treatments only take 10 to 15 minutes with the laser being applied directly to the skin over the treatment area. Several treatments over a few week period are generally enough to rehabilitate the damaged tissue. The patient experiences no burning or unpleasant sensation during the treatment and experiences only a feeling of muscle relaxation and pain relief after. The recent availability of low level laser therapy in the United States gives therapists the opportunity to apply a treatment that has proven effectiveness in healing tissue and relieving pain.

*For more information, see our [MedX Rehab Console System](#)....*