

## **LASER THERAPY**

### **What is laser light?**

Laser light is different than “normal” light because it is all the same wavelength, all the waves are in phase with each other, and it can be held to a small spot at great distances. Albert Einstein theorized the possibility of laser light in 1917. The first laser beam was produced in 1960. In 1967 Dr. Endre Mester was the first physician to observe the beneficial effects of low-level laser light on hair regrowth in mice.

### **What is laser therapy?**

Laser therapy is the application of low levels of laser light to areas of the body that have been injured or damaged. Therapy lasers use power levels that are far below those that would cause tissue damage, such as those used during surgery.

### **How do therapeutic lasers work?**

Just as plants use light for energy production, the photons of laser light are absorbed by the tissues in your body, and cause increased production of cellular energy. In areas of injury or damage, this translates into faster and better healing results.

### **What types of problems can laser therapy help?**

Laser therapy will speed the healing process in any type of injury. It is also very beneficial for arthritic joints anywhere in the body. I was motivated to buy a laser therapy machine for my office after I experienced tremendous improvement in my chronic knee pain after receiving laser therapy on my knees. Many athletes, such as Lance Armstrong, use laser therapy to help the body recuperate after extreme exertion.

### **How long does it take to see results?**

Although some patients will notice a difference after only one treatment, it is more common for it to take 6 or more treatments before there is an obvious improvement.

### **Why haven't I heard of laser therapy before?**

Since its discovery in the late '60s, laser therapy has been widely used in Europe by physical therapists and doctors, and is being used extensively by veterinarians. The FDA only recently (2002) approved laser therapy for human use in the U.S. Since then, its use has increased very rapidly, as knowledge of its benefits spreads.