

BACK ON TRACK PHYSIOTHERAPY – BIOFLEX LASER THERAPY

Laser therapy, also known as low-level laser or light therapy, is a treatment that utilizes specific types of light to interact with tissue. It is used to eliminate pain and promote healing for a variety of medical conditions.

What Are the Benefits of Laser Therapy?

Laser therapy offers patients a safe and effective therapy for a wide range of medical conditions, including soft tissue and sports injuries, arthritic conditions, repetitive stress injuries, wound healing and a variety of general health problems.

Clinical Benefits

- Eliminates pain
- Reduces the need for pharmaceuticals
- Restores normal range of motion and physical function
- Non-invasive
- Non-toxic
- No known adverse effects
- No drug interactions
- Often makes surgical interventions unnecessary
- Provides a treatment alternative for patients that have not responded to conventional therapies

Physiological Effects

- Increased production and release of:
 - Endorphins – natural analgesics
 - Cortisol – precursor of cortisone
 - Growth hormone – instrumental in tissue repair
 - ATP – improves and regulates cellular metabolism
- Increased protein synthesis – collagen, DNA, fibroblasts
- Venous and lymphatic flow facilitated
- Increased angiogenesis – elevation of oxygen saturation
- Enhanced immune response, etc.

How Does it Work?

Laser therapy is the use of light from a Low Intensity Laser Diode or an array of Superluminescent Diodes to eliminate pain, accelerate healing and decrease inflammation. LLLT is also known as cold laser, low intensity laser therapy or photobiomodulation.

Laser therapy does not heat or cut tissue, unlike high intensity lasers. Many pharmacological treatments mask pain or only address the symptoms of the disease; laser Therapy treats the underlying condition or pathology to promote healing. This means that the treatments are effective and the benefits of laser therapy are long lasting.

What Conditions Does it Treat

Soft Tissue & Sports Injuries

- Ligament & Tendon Tears
- Muscle Strains
- Tendonitis
- Contusions

Arthritic Conditions

- Degenerative Osteoarthritis
- Rheumatoid Arthritis
- Vertebral Radiculopathy
- Chronic Spinal Problems

Repetitive Stress Injuries

- Carpal Tunnel Syndrome
- Rotator Cuff Injuries
- Tennis Elbow

General Health Problems

- Herniated Disc
- Fibromyalgia
- Temporo-Mandibular Joint Syndrome
- Reflex Sympathetic Dystrophy
- Post Herpetic Neuralgia

Tissue Repair & Wound Healing

- Traumatic Lesions (Burns)
- Dermal Ulcers
- Venous Stasis
- Dermal Compression