

Arthritis – Does Laser help? You Bet!

*Today's
health care
professionals
have a
challenge*

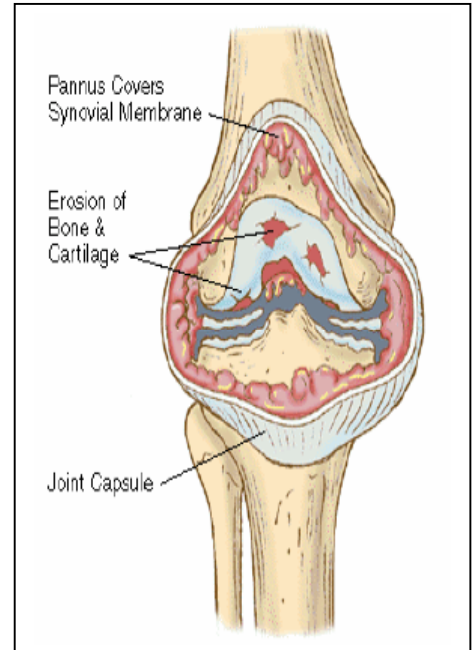
*Tomorrow's
health care
leaders have
the solution...
today!*

The incidence of arthritis is on the rise. Why? Because the baby boomers are getting older. Baby boomers – an active group that are now turning 65 - are more physically active than their parents. But wear and tear are taking their toll.

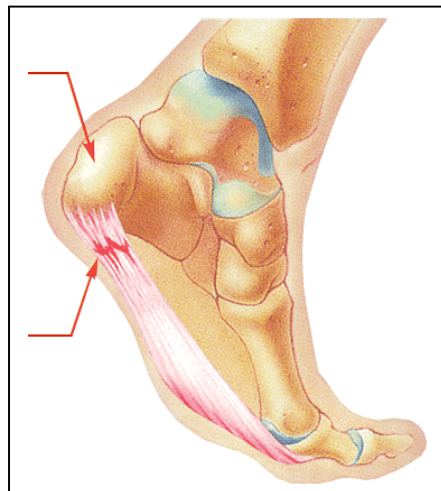
I have personally seen the effects of Laser Therapy on my most recent patients suffering from arthritic knees. The results have been nothing short of amazing. Pain free after 5-8 treatments.

As a Massage Therapist I believe postural distortions play important roles in avoiding osteoarthritic joints. Your posture needs to be balanced now, not later. But once the arthritic condition starts to cause pain, we need to treat it in a non-toxic, non-invasive and economical way.

(continued on page 2)



Plantar Fasciitis – Success with Laser



The mere name causes us all to cringe in fear. If you've never experienced this condition, you're lucky. This can be one debilitating problem that lasts months to years.

My most recent patient suffered for 8 months, trying everything until his wife suggested Low Intensity Laser Therapy. By treatment #4 he wakes in the morning and the first steps no longer hurt. He can walk to work pain free, be on his feet all day and no pain.

Plantar fasciitis is inflammation of the plantar fascia on the sole of your foot. It will usually start as a dull intermittent pain in the heel or

(continued on page 2)



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Our body will predictably follow a path towards health or disease.

Which path are you on?

Arthritis (con't)

A typical laser treatment will last about 30 minutes for a knee. First, a super luminous "cuff" is wrapped around the treatment area and red light (660 nm wavelength) is shone onto the area. After, infrared super luminous light is applied in the same manner. Lastly a single infrared laser beam is directed at the most painful points. Patients will typically feel instantly better or have less pain right away. This is due to the analgesic effect that accompanies a Laser session.

Physiological changes will start to occur within the

area treated itself after being exposed to these light sources. Cells begin to produce more energy and begin to function optimally. This biochemical reaction continues for a period of time after the light source is removed (much like Vitamin D production in our body when exposed to sunlight).

If you have tried everything to relieve the pain in your joints due to arthritis, then give Low Intensity Laser Therapy a try – you may be running, not shuffling to tell your friends.

Peter J. Roach, RMT, CNMT
Laser Therapist

Plantar Fasciitis – Success with Laser

arch, progressing to a sharp, persistent pain. From here a sharp, piercing pain and/or inflammation through the heel or arch will usually occur in the morning or after resting, and gradually disappears with walking. Tightness in calf muscles may also occur. These symptoms may be spontaneous in nature.

Typically treatments for plantar fasciitis include Massage Therapy to decrease pain and inflammation and strengthen foot muscles to support weakened plantar fascia. Other forms of

treatment include cortisone injections which are often very painful, Ultrasound which may decrease inflammatory response, and in extremely rare cases surgery, with an incision over the inner aspect of the heel of the foot with release of the involved fascia from its' attachment to the heel bone.

Fortunately Low Intensity Laser Therapy is providing a safe non-invasive alternative. Ask me about this effect alternative.

Peter J. Roach, RMT, CNMT
Laser Therapist

Medical Application of Low Intensity Laser Therapy

The potential for medical application of low intensity lasers exists in a great number of medical fields. The musculoskeletal problems most effectively treated are:

General

- Repetitive stress injury
- Carpal tunnel syndrome
- Rotator cuff tear
- Fibromyalgia
- Reflex sympathetic dystrophy
- Temporomandibular joint problems (TMJ)

Injuries

- Ligament and tendon tears
- Fractures with associated soft tissue injuries
- Facet syndrome
- Contusions
- Bulging and herniated discs

Inflammatory

- Tendonitis
- Myositis
- Synovitis
- Bursitis
- Plantar fasciitis
- Rheumatoid arthritis

Degenerative

- Osteoarthritis
- Chondromalacia patella
- Discogenic and vertebrogenic radiculopathy
- Calcifications (e.g. bone spurs)

Other Applications

- Wound healing
- Dermal ulcers;
 - venous stasis
 - atherosclerotic
 - contact
 - diabetic
- Burns;
 - thermal
 - chemical
- Lymphedema
- Dermatology:
 - shingles
 - dermatitis
 - psoriasis
- Gout
- sinusitis