



## AppliedOrtho Physical Therapy Newsletter



### 830 Laser Therapy - What is Low Level Laser Therapy?

Laser therapy is a painless, non invasive, drug free treatment used to treat a variety of conditions. This system utilizes specific infrared wavelengths to give accurately measured doses of energy directly to the appropriate tissue site. These infrared wavelengths allow photons of light to be transmitted through the skin and deep into the body's tissues. As a result no energy is lost and a greater healing response occurs by supplying vital oxygen and energy to the injured cells.

#### How does laser therapy work?

##### Tissue Effects

**Reduced Swelling:** Laser therapy decreases swelling by causing vasodilation and activating the lymphatic drainage system.

**Decreased Pain:** Reduced swelling results in decreased stimulation of surrounding nerve endings, which helps to limit pain. In addition, laser therapy regulates the sodium- potassium pump and removes the transmission of pain signals from the area.

**Improved Healing:** Laser therapy has a direct effect on our body's immune response by stimulation of the cells necessary to create a suitable healing environment.

By improving the body's ability to heal, the patient has the opportunity to address some of the underlying causes of chronic pain such as weakness, poor posture, endurance and flexibility.

For chronic pain, low-level laser therapy is an excellent treatment option. It is effective, affordable and typically part of the AppliedMethod developed by John Kitchen, PT at AppliedOrtho Physical Therapy.

Don't put off your care any longer. Pick up the phone and give us a call today.  
Call (301) 515-1068

#### Our Services

Neck and Back Strain  
Chronic Back Pain  
Headaches  
Work Injuries  
Shoulder Strains  
Shoulder Tendonitis  
Post-operative Care  
Cold Laser Therapy  
Manual Therapy  
Evidence Based

#### Clinics

AppliedOrtho  
Physical Therapy  
301-515-1068