In the next 30 years, chronic pain is predicted to reach epidemic proportions in developed countries with aging populations. Affecting 10 to 24 percent of the population, chronic neck pain is a highly prevalent condition.

Low Level Laser Therapy (LLLT), also known as Cold Laser Therapy, is a complete system of treating muscle, tendon, ligament, connective tissue, bone, nerve and dermal tissues in a non-invasive, drug-free modality. Low-level laser therapy is the application of visible red or near-infrared light emitted from a low power laser for therapeutic purposes. Treatments can vary in time from seconds to minutes depending on the condition. Research studies show that there may be a dose dependent response, so it may be more effective to treat at lower doses at multiple intervals then to treat a single time with a high dose.

LLLT treatment stimulates nerve function and increases blood supply to the target area. It stimulates the immune system and promotes rapid wound healing, reducing inflammation and relieving acute and chronic pain. LLLT procedures are painless and have no side effects.

Primary tissue effects are chemical "chain reactions" that occur in response to the primary cellular effects. They include a decrease in nerve irritability, anti-inflammatory effects, and an increase in circulation at the site of injury or chronic pain. Tertiary effects include a variety of whole-body effects, such as increased immune cell production (lymphocytes), increased production of the body’s own pain relievers and improvement of nerve function.

LLLT was approved by the U.S. Food and Drug Administration (FDA) in 2002 as a safe and effective method of temporary pain relief for a variety of conditions and is now used to treat neuropathies. Peripheral neuropathy is defined as damage to the peripheral nervous system resulting in a syndrome of sensory loss, muscle weakness and atrophy along with vasomotor symptoms, alone or in any combination. A randomized, controlled trial conducted at General Motors Company found that carpal tunnel patients treated with LLLT had better functional recovery and higher back-to-work percentage.

Cold Laser is used by athletes such as Tiger Woods, Lance Armstrong and most professional sports teams to accelerate the healing process and reduce pain. The best part is that you don’t have to be a professional athlete to experience the same first-class treatment. Low level laser therapy works on the cellular level to repair soft tissue and promote healing. We have seen excellent results with patients suffering with carpal tunnel syndrome, fibromyalgia, planter fasciitis, rotator cuff tears, knee and shoulder pain, temporal mandibular joint (TMJ) pain, sports injuries, possible accelerated healing of fractures, bursitis and tendinitis, and sprains and strains.

If you think LLLT may help you to cut back or eliminate certain pain medications or avoid surgery, talk to your doctor or health care practitioner. Low level laser therapy has been effective in our practice and is a treatment of choice in providing safe, effective, lasting results. We hope you are able to benefit from a better approach to health.