

YOUR HEALTH MATTERS

ABOUT LASER THERAPY **ASPEN** LASER

AN EPIDEMIC OF PAIN

Pain is one of the top health problems in the United States. An estimated 50 million Americans live with chronic pain caused by disease, disorder or accident. An additional 25 million people suffer acute pain resulting from surgery or accident. Approximately two thirds of these individuals in pain have been living with this pain for more than five years.

The most common types of pain include arthritis, lower back, bone/joint pain, muscle pain and fibromyalgia. The loss of productivity and daily activity due to pain is substantial. In a study done in 2000, it was reported that 36 million Americans missed work in the previous year due to pain, and that 83 million indicated that pain affected their participation in various activities.

People with chronic pain have difficulty finding doctors who can effectively treat their pain. *The Chronic Pain in America: Roadblocks to Relief* study found that one out of four pain patients had changed doctors at least three times, reporting that the primary reason for change was that they still experienced pain.

Laser therapy is a safe, pain-free treatment that only takes a few minutes per visit.

NEW TREATMENT OPTIONS WITH LASER THERAPY

Laser therapy is a safe, pain-free treatment that only takes a few minutes per visit. Laser Therapy does not require the use of drugs or surgery, and there are no side effects or risks that may occur with other forms of treatment. In addition, it can often achieve results faster and better than other treatment modalities. Many conditions show signs of improvement in even the first or second treatments.

The primary mechanism of laser therapy is photobiomodulation which causes a stimulation of cells and tissue repair that is based on scientific research which has demonstrated positive physiological effects of infrared wavelengths on cellular organelles and electron chain molecules.

RESEARCH RESULTS FROM LASER THERAPY

- *Injuries treated with laser therapy heal faster*
- *Laser Therapy has a strengthening effect on tissue repair*
- *Laser Therapy improves blood flow & lymphatic drainage*
- *It is an effective means of relief for many pain syndromes*
- *It can improve immune response*

PATIENT FAQS

HOW ARE TREATMENTS ADMINISTERED?

Treatments are performed by positioning the laser hand-piece approximately ½" directly above the skin and surrounding the area of injury and pain with the laser treatment beam.

HOW MANY TREATMENTS ARE NEEDED?

The Class IV Laser Therapy produces results quickly. For most ACUTE conditions 5-6 treatments is all that is needed. CHRONIC conditions take longer and might require 6-12 treatments. While these are the averages, each person is unique and healing time varies by person and condition. For those with lifelong conditions your doctor may recommend 1 or 2 follow-up treatments each month.

HOW LONG WILL THE TREATMENT TAKE?

Depending on the condition, treatment times for this drug-free, non-invasive procedure will last on average 5-10 minutes but is based on the size of area, depth of penetration needed and condition being treated.

WILL THE TREATMENT HURT?

Most patients notice a warm, often soothing feeling. There is no pain associated with a treatment. Many patients also experience reduced muscle tension and tightness, reduced inflammation and improved range of motion.

WHEN CAN NORMAL ACTIVITY BEGIN AGAIN?

The moment a person leaves the clinic, they may resume normal daily activity. It is important to remember to not overexert for a few days, as the body is still healing.

WILL INSURANCE COVER TREATMENTS?

Laser therapy may not be covered by insurance plans. If insurance does not cover the cost of treatments, there are affordable payment plans available.

HOW DOES CLASS IV LASER THERAPY WORK?

When the photons of laser light penetrate the skin and underlying tissue, they are absorbed by the cells, and converted into energy. The cell membrane permeability is altered, which triggers a cascade of cellular events including:

- Stimulation of ATP
- Stimulation of respiratory chain
- Increased DNA and RNA synthesis
- Increased levels of beta endorphins and serotonin
- Enhanced collagen synthesis

WHAT ADVANTAGE DOES CLASS IV LASER THERAPY HAVE OVER OTHER FORMS OF TREATMENT?

The treatment does not require the use of drugs or surgery, and there are no dangerous side effects or risks. In addition, Laser therapy provides enhanced treatment outcomes faster than any other treatment modality.

HOW IS CLASS IV BETTER THAN "COLD LASER THERAPY" TREATMENTS?

Cold Laser Therapy (or LLLT – Low Level Light Therapy) was introduced into the USA in 2001 with low power levels. Since that time new scientific and clinical discoveries have led to the development of the higher power lasers, including the new Class IV Laser Therapy.

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HEALTH PROBLEMS THAT BENEFIT FROM LASER THERAPY

Why block the pain when you can treat the problem?

INDICATIONS FOR LASER THERAPY

INFLAMMATORY CONDITIONS

- Bursitis
- Carpal Tunnel Syndrome
- Edema
- Effusion
- Epicondylitis
- Inflammation
- Muscle spasms
- Myofasciitis
- Plantar Fasciitis
- Primary diagnosis Pain
- Radicular pain
- Restricted ROM / stiffness
- Rheumatoid Arthritis

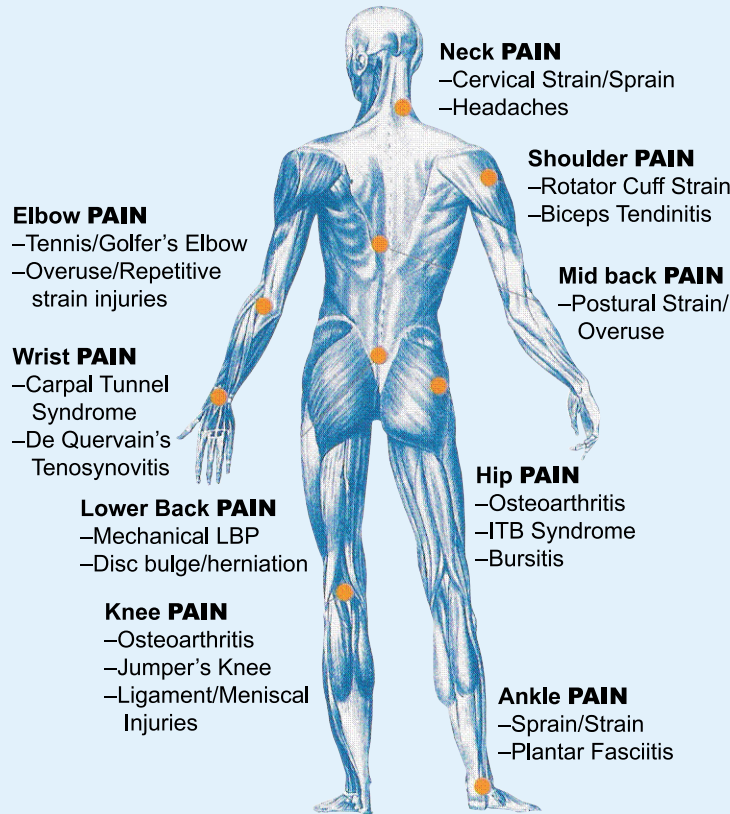
PAIN MANAGEMENT

- Bursitis
- Cervical/neck pain
- Edema
- Effusion
- Fasciitis
- Fibromyalgia
- Inflammation
- Low back pain
- Muscle spasms
- Myofascial Pain
- Primary diagnosis Pain
- Restricted ROM / stiffness

CONNECTIVE TISSUE INJURY / DISORDERS

- Edema
- Effusion
- Inflammation
- Muscle spasms
- Myofasciitis
- Primary diagnosis Pain
- Radicular pain
- Restricted ROM / stiffness
- Sprains
- Strains
- Tendon Ruptures
- Tendinitis

TREAT THE SOURCE NOT JUST THE SYMPTOM



PATIENTS PREFER LASER THERAPY

MUSCLE INJURY / DISORDERS

- Edema
- Inflammation
- Muscle bruises, contusions
- Muscle Contractures
- Muscle ruptures
- Muscle spasms
- Myofasciitis
- Myositis
- Restricted ROM / stiffness

JOINT INJURIES / DISORDERS

- Dislocations
- Edema
- Effusion of joint
- Inflammation
- Ligament Injury
- Osteoarthritis
- Diagnosis Pain in joint
- Restricted ROM / stiffness
- TM disorders
- Neurological Injury / Disorders
- Crush injuries
- Decreased ROM / stiffness
- Effusion
- Inflammation
- Muscle spasms
- Myofasciitis
- Neuritis
- Paresthesia
- Primary diagnosis
- Prolapsed disk
- Radicular pain
- Ruptured disk
- Skin Injuries / Conditions
- Burns
- Edema
- Inflammation
- Diagnosis Pain in joint
- Restricted ROM / stiffness
- Skin grafts
- Skin ulcers
- Surgical incisions

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