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Cold Laser Therapy

Innovated in the 1960s, cold laser therapy uses safe, infrared light of multiple wavelengths to target a wide spectrum of neurological and orthopedic conditions. The FDA-approved Class III laser used in this practice is safe for human exposure. By combining traditional cold laser therapy with quantum wave technology, this therapy enhances healing in a relaxed, non-invasive manner. It has been shown to alleviate pain and vastly improve quality of life for individuals suffering from a number of **neurological, muscular, skeletal, lymphatic/vascular and craniosacral** conditions.

How does it work?

Cold laser therapy is thought to affect cellular physiology through the excitation of cells by light. While there is no universal theory about the underlying science, scientists have demonstrated that light can enhance communication between cells in addition to stimulating chromophores (light-sensitive enzymes) that play a role in several metabolic processes, including the production of ATP, collagen and vitamin D.¹ It is through this stimulatory effect that low level laser treatment can act as a powerful analgesic by improving blood circulation, stimulating peripheral nerves and fighting inflammation in troublesome areas of the body.²

What does it treat?

Cold laser therapy has become critical in pain management for patients suffering from orthopedic ailments ranging from shoulder³ and lower back pain to osteoarthritis and other cartilage-based conditions.⁴ In the treatment of neuropathies, cold laser therapy can effectively mitigate symptoms from fibromyalgia, muscle spasm, migraine headaches and other pains originating from the central and peripheral nervous system. In this practice, cold laser has assisted in improving nerve and muscle function to stroke victims where there is impaired movement. To summarize, the laser is a powerful tool for physical therapists to improve lymphatics, restore and strengthen damaged nerve, muscle and cartilage, thus providing patients with increased mobility and vigor.

References

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