

A Step Closer to a Quicker and More Gentle Way to Improve Healing

Low Level Laser Therapy (LLLT) is using light to heal your feet. LLLT is rapidly increasing in popularity within the medical community because of its many benefits and multiple applications. Its effects on tissue regeneration are safe, fast, and painless. Laser therapy, also referred to as “phototherapy” or “light therapy” can increase your healing by 40%. LLLT uses light energy that is absorbed into the body’s cells and results in an increase of tissue repair and significant pain reduction.

Laser therapy is focused to an area of inflammation and can penetrate deeper than just icing alone. There is an increase of local blood flow to the injured area which, in turn, reduces inflammation and swelling. Serotonin, the body’s natural pain reliever, is released. Some of the advantages of using LLLT include that it is safer; there is no potential for burning the skin as it is a cold laser using milowatts (which produces very little heat). The treatment time is also much faster since there is direct contact with the skin, decreasing delivery time. Treatment using phototherapy is non invasive, drug free, and natural. It can also eliminate the need for painful surgeries and drug side effects. The effects are often noticed after the first or second treatment.

When it comes to treating conditions related to the foot, there are many. LLLT can be used to treat such acute and chronic conditions such as Plantar Fasciitis, Achilles Tendinitis, Shin Splints, Arthritis, joint sprains and strains, neuromas, and muscle pains. Wounds of all types can also be successfully treated using light therapy. Phototherapy can also help speed up the healing of diabetic wounds; thereby reducing the normal costs included with traditional wound treatments and dressings.

Healing by the use of light has been around for over 30 years and can significantly help improve your quality of life for anyone experiencing injuries and pain. LLLT provides the extra energy needed for healing so you can get on with your life.

Jana Charyk B.A. (Hons), D.Ch.

Ajax Foot Clinic & Orthotic Centre