

Services

Laser Therapy

More and more therapists are using laser therapy to help reduce pain and inflammation related to many common conditions.

If you are suffering from acute or chronic pain, here are answers to questions you may have about Deep Tissue Laser Therapy.

Sign up to try Laser Therapy for free! (1 free visit per patient)

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Quick Facts About Laser Therapy

Are there side effects?

No, Laser therapy reduces pain and inflammation without side effects using a process called photobiomodulation. This fancy word basically means that it uses light to stimulate and speed up the natural healing process of your body. It triggers a biological cascade of events that leads to an increase in cellular metabolism and a decrease in both pain and inflammation. One fantastic advantage of laser therapy is that it reduces pain without the undesirable side effects that come with many medications. It is also non-invasive and may provide a great alternative to surgery.

Another piece of good news is that patients report long-lasting pain relief. This is not an artificial cover up that temporarily hides the pain, laser therapy promotes real healing within your body. While the number of treatments required may vary depending on the acuity of the condition, many patients experience lasting relief after only a couple treatments.

When should it be performed?

Laser therapy can be done at any time, though when treating acute conditions with, it is particularly effective when it is administered as soon as possible following injury (assuming there is no active hemorrhaging). The faster the inflammation is reduced and the healing process can begin, the better. In these situations, laser therapy helps restore the body to normal function quicker.

With chronic conditions, laser therapy is used most often to help combat persistent pain and inflammation. Your therapist can administer laser therapy to quickly reduce inflammation from flare ups in patients suffering from chronic pain. This therapy laser is especially well-suited for treating chronic conditions because it enables clinicians to treat a wider area of interest while still delivering therapeutically relevant dosages.

Can treatments can be customized for each situation?

Therapy lasers have larger power ranges and offer versatile treatment options. The therapist can adjust the strength of the laser to the most appropriate level in each unique scenario.

The availability of multiple treatment heads offers additional flexibility for the therapist, letting them match the delivery method to the situation. For instance, when treating a bony area, an off-contact treatment method is advisable. However, when treating deep-tissue structures, such as a hamstring, a massage ball attachment is best. Different sized treatment heads can also be advantageous for administering treatments that require varying levels of precision.

Does the treatment hurt?

The question everyone asks about laser therapy is, “What does it feel like?” Depending on the laser, it can create little to no sensation or it can create a gentle, soothing warmth. Many report enjoying the experience, especially when a massage-ball treatment head is used to deliver what is often referred to as a “laser massage.”

How long does it take?

The average laser therapy treatment usually lasts 5-10 minutes depending on the size, depth, and acuteness of the condition being treated. High-power lasers are able to deliver a lot of energy in a small amount of time, so therapeutic dosages are achieved quickly. For people with packed schedules, patients and clinicians alike, fast and effective treatments are a must.