

A woman in a white t-shirt and grey leggings is performing a stretching exercise. She is sitting on a large blue exercise ball, with her legs bent and feet flat against the floor. Her torso is leaning forward, and her arms are raised above her head, with her hands behind her head. A male therapist in a dark blue polo shirt is assisting her, holding her right arm and shoulder. The background shows a room with white vertical blinds on a window. The overall image has a soft, warm tone.

Patient Resources For Other Items/Modalities

Understanding Laser Therapy in Physiotherapy and Chiropractic Care

Laser therapy is a cutting-edge treatment that offers relief for many musculoskeletal problems, speeding up recovery, reducing pain, and improving function. With its non-invasive nature and minimal risk of side effects, it's a powerful option for patients looking to heal naturally.

It is becoming an increasingly popular treatment in physiotherapy and chiropractic practices.

Whether you're recovering from an injury, managing chronic pain, or dealing with inflammation, laser therapy may be a non-invasive solution to help speed up your healing process and reduce discomfort.

What is Laser Therapy?

Laser therapy, also known as Low-Level Laser Therapy (LLLT) or Cold Laser Therapy, uses focused light energy to treat damaged tissues and promote healing. The laser emits light in the form of specific wavelengths that penetrate the skin and tissues. This light energy helps stimulate cellular processes, reducing inflammation, improving circulation, and encouraging tissue regeneration.

How Does Laser Therapy Work?

Laser therapy works by delivering light energy into the tissues.

This energy is absorbed by cells, particularly the mitochondria (the "powerhouses" of the cell). The light stimulates these cells, which in turn promotes:

- ⌚ **Increased collagen production** – helping repair tissues like muscles, tendons, and ligaments.
- ⌚ **Reduced inflammation** – alleviating swelling and discomfort.
- ⌚ **Enhanced circulation** – improving blood flow to the affected area for faster healing.
- ⌚ **Pain reduction** – helping to reduce nerve sensitivity and discomfort.

In essence, laser therapy helps the body heal itself more efficiently by speeding up the natural healing process.

Conditions Treated with Laser Therapy

Laser therapy is commonly used in both physiotherapy and chiropractic care to treat a variety of conditions, such as:

★ Muscle strains and sprains	★ Post-surgical recovery
★ Tendonitis and tendinopathies	★ Back pain, neck pain, and sciatica
★ Arthritis	★ Carpal tunnel syndrome
★ Bursitis	★ Plantar fasciitis
★ Joint pain and inflammation	

In addition, laser therapy can also help with acute injuries, chronic pain conditions, and soft tissue healing.

Benefits of Laser Therapy

Laser therapy offers numerous advantages for patients:

- ① **Non-invasive and painless:** Unlike surgeries or injections, laser therapy is a non-invasive treatment option with minimal to no discomfort.
- ② **No downtime:** Laser therapy requires little to no recovery time. You can typically return to your daily activities immediately after treatment.
- ③ **Reduced pain and inflammation:** The therapy helps to decrease swelling and improve blood circulation, leading to a reduction in pain.
- ④ **Faster healing:** By stimulating cellular regeneration, laser therapy speeds up the healing process, especially in soft tissues.
- ⑤ **Improves range of motion:** For patients with joint stiffness, laser therapy can improve flexibility and mobility.
- ⑥ **Safe and effective:** When performed by a trained professional, laser therapy is a safe treatment option with minimal side effects.

What to Expect During a Laser Therapy Session

Laser therapy sessions are typically short, usually lasting between 5 and 15 minutes depending on the area being treated.

During the session:

- You will be asked to lie or sit comfortably.
- The therapist will apply the handheld laser device to the targeted area.
- You may feel a gentle warmth or mild tingling, but the treatment is painless.
- The treatment is non-invasive, so no skin is broken, and there's no need for recovery afterward.

Whether you're a weekend warrior or a professional, massage can help you move and perform better.

Are There Any Side Effects?

Laser therapy is generally considered safe, but like any treatment, there may be some mild side effects, including:

- ★ **Slight redness or warmth** at the treatment site.
- ★ **Temporary increase in pain** after the first session in some cases, especially for chronic conditions.
- ★ **No significant side effects** for most patients, but it's important to consult with your therapist about any underlying health conditions that may affect your treatment.

Laser therapy is not recommended for individuals who are pregnant, have cancer, or have specific eye conditions unless cleared by a medical professional.

Is Laser Therapy Right for Me?

Laser therapy can be an excellent option for those seeking a non-invasive treatment to reduce pain and promote healing. However, it's important to consult with your physiotherapist or chiropractor to determine if it's the right treatment for your condition. They will assess your specific needs and create a customized treatment plan.



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