

## **TOP 10 MOST COMMON QUESTIONS ABOUT LASER THERAPY**

### **1. What does laser therapy do?**

Increases blood flow, accelerates tissue healing, reduces inflammation and swelling, alleviates pain and stiffness.

### **2. How does laser therapy benefit me?**

It speeds up the recovery process which gets you back to normal faster.

### **3. Does laser therapy hurt?**

No! The treatment is pain-free and the area will feel warm and comfortable.

### **4. What can laser therapy be used to treat?**

Muscle aches, sprains and strains, tendinitis, arthritis, sciatica, capsulitis, scar tissue, inflammatory conditions, and more!

### **5. Is laser therapy relatively new?**

Laser therapy was approved by the FDA in 2007. Initially, laser therapy was used in clinical trials for research on effectiveness. Professional sports teams/leagues were the first to invest in laser therapy, then Olympic Division 1 and collegiate teams over the past couple of years.

### **6. Are there different types of laser therapy?**

Initially lasers were low power or “cold” lasers. A few years ago Class 3 Lasers were state-of-the-art. The newest, Class 4 lasers are 30x more powerful than class 3.

### **7. What type of laser do we use?**

We have invested in the Class 4 medical laser. It is the newest technology available and we are the only clinic in the county to offer this technology.

### **8. How many treatments does it take?**

It depends... Most patients see almost immediate results after the first treatment. Typically, a series of 5-10 treatments is ideal for injury and post-operative recovery. Additional sessions are beneficial for chronic conditions, multiple areas of treatment and for more severe cases of inflammation and scar tissue.

### **9. Does insurance cover it?**

At this point... no. Laser therapy, as a new technology is not yet covered by insurance. We offer many package options for laser and we discount the packages for current patients.

### **10. What else should I know?**

Some conditions may limit your ability to be appropriate for laser therapy. We cannot use the laser on an area where you have a pacemaker or a malignant tumor. We also cannot use it on you during pregnancy. During treatment, you will be required to wear protective eye glasses as the laser can cause blindness if you look directly into it. Treatment will be done in a private laser area.

### **\*BONUS\***

Laser therapy works through a process called photobiomodulation (PBM). If you would like to see a video of the PBM laser effects in action, just asked us! We have it on an iPad in the clinic.