



# EVERGREEN

PHYSICAL THERAPY

**I've been getting a lot of interest in Laser and the questions are great.**

I thought I'd provide an easy to read 'fact sheet' to highlight the effects , benefits of Laser.

- Laser is technically called : Photobiomodulation  
photo= light , bio = living tissues = modulation = effective change
- The goal of using Laser is to provide pain relief, reduce inflammation, and / or speed up healing. It also just helps folks, especially with arthritis, feel better. Circulation is improved to the lasered tissues.
- Laser delivers energy to tissues in the form of a near infra-red spectrum of 700 to 1100 nm on the electromagnetic spectrum.
- Light energy of sufficient dosage creates a cellular response through the mitochondria of tissues to speed healing and reduce pain, and reduce inflammation.
- There are many mechanisms at work via laser : here's a nice 3 minute video  
<https://youtu.be/dB9MIW9fduk>
- Laser provides a mild / deep penetrating warmth.
- The amount of energy, or "dose", matters for the specific conditions. We always start conservative at a lower dose, check for results, and adjust as necessary.
- The more chronic the pain the higher the dose recommended. In newer onset pain, or newly inflamed tissues a lower dose is recommended.
- The time cost – each session depends on the size of area treated and / or the number of areas treated. Generally, sessions last between 15 and 30 minutes.
- The protocols generally recommended are 3 times per week for 2 weeks, with an expectation of pain reduction that is noticeable and encouraging. With that goal achieved, then we can reduce to 2x/ week for 2 weeks and eventually 1x/week.
- Treatment with laser is NOT expected to go past 12 – 16 sessions. Some return monthly to keep things 'at bay', feeling they've achieved 80-90 % pain reduction with the first series.
- Laser is applied directly to the skin so loose clothing is required. Or we have gowns.
- You can learn more , including research papers at  
<https://www.litecure.com/about-photobiomodulation/>