

NEW Low Level Laser Therapy **for management of painful conditions**

Information leaflet by Dr Vadodaria

Low Level Laser Therapy (LLLT) is a non-invasive, painless treatment that takes about 10 - 15 minutes to administer.

Research into the use of LLLT for pain reduction and tissue repair spans 40 years and more than 100 clinical trials.



LLLT uses intense light to aid tissue repair, relieve pain, and stimulate acupuncture points.

LLLT is different from laser surgery as it does not cut or burn; it is a light therapy that works a bit like the process of photosynthesis that plants use to grow using sunlight.

A minimum of 5 sessions are recommended for chronic painful conditions. It is best if you can attend twice weekly. You may need up to 15 sessions to fully resolve a difficult / long standing condition, but this should give drug free relief lasting several months; treatment can be repeated after that if necessary

During treatment no special precautions apart from eye protection with special laser safety goggles is warranted. The goggles are used because the beams are very bright.

Indications

There is a direct relation between positive outcomes and the number and frequency of visits for the following conditions:

- Acute injuries (sprains, strains and "trapped" nerves)
- Chronic (old) tendinopathies (achilles tendons, tennis elbow)
- Chronic joint conditions (rheumatoid arthritis, osteoarthritis)
- Neck pain (acute and chronic neck strain, neck sprain, mechanical neck disorders, osteoarthritis, whiplash)
- Low back pain
- Shoulder pains (subacromial bursitis, rotator cuff, supraspinatus tendinosis)
- Neuropathic (post herpetic neuralgia, shingles, trigeminal neuralgia, allodynia)
- Myofascial pains
- Muscle Fatigue following exercise
- Fibromyalgia (this may take up to 20 sessions)
- Dental pain (TMJ)

Side-effects

Incidence of adverse effects is very low with no reports of serious events.

Reported side effects include occasional tiredness, nausea, headache and temporary increased pain.

Cautions and contra-indications

In patients with history of photo-sensitivity, not directly over the foetus during pregnancy, not directly over tattoos or over cancer sites.