

# Should You Choose Laser Therapy?



Laser therapy is becoming increasingly popular as more people suffering with acute and chronic pain seek less invasive methods of treatment

Laser therapy is thought to be an effective treatment in reducing pain and promoting wound healing by using red and near infrared light to stimulate and accelerate tissue regeneration. Lasers are tuned to specific wavelengths in order to target molecules in the body's cells. These laser beams allow manual therapists, doctors and surgeons to concentrate on small areas of the body that require medical attention with no risk to the normal surrounding tissues. Patients who opt for laser therapy may experience less pain, swelling and scarring than would normally occur when the body's tissues heal post-surgery without a therapeutic laser.

According to Dr. Stephen Barabas, director of K-Laser UK, "Therapy Laser" targets molecules in the cells to enhance and photo-biostimulate tissue regeneration via specific wavelengths directed at chromophores (colour-pigments present in molecules) in the body's cell molecules'. Biochemical change occurs when the light from a red or infrared therapy laser is absorbed by the chromophores. 'This has the effect of "healing" damaged tissues, reducing the inflammatory response and improving blood flow and oxygenation to and from the affected area, accelerating metabolism and reducing scarring,' Stephen says.

According to Dr. Barabas, laser therapy has been proven to be effective on neuropathic conditions such as fibromyalgia and polymyalgia providing considerable pain relief to sufferers. It accelerates healing in wounds, such as bedsores and diabetic ulcers, that require enhanced blood flow and metabolism to stimulate an active healing environment.

## REMEMBER

Patients should be cautious when opting for laser therapy treatment. Lack of regulation means that as long as a therapy laser is able to prove safety, it can be sold. Therefore, results may vary depending on the therapy laser used

## HOW CAN LASER THERAPY HELP?

**Reduced fibrous tissue formation.** Laser therapy can help to reduce the formation of scar tissue following damage from cuts, burns and surgery.

**Reduced pain.** Laser therapy is reported to have an analgesic affect; this works by decreasing nerve sensitivity and releasing endorphins—the body's natural pain reliever, in addition to reducing swelling and tissue inflammation.

**Faster wound healing.** Laser therapy works to stimulate collagen production, blood flow and oxygenation to damaged tissues.

**Anti-inflammation.** Laser light therapy can cause a process called vasodilation, which dilates blood vessels and enhances microcirculation. It also activates the lymphatic drainage system, which reduces swelling caused by inflammation or bruising.

**Diabetes.** This treatment may be used in healing chronic non-healing wounds in diabetic patients and simultaneously reducing diabetic neuropathic pain.

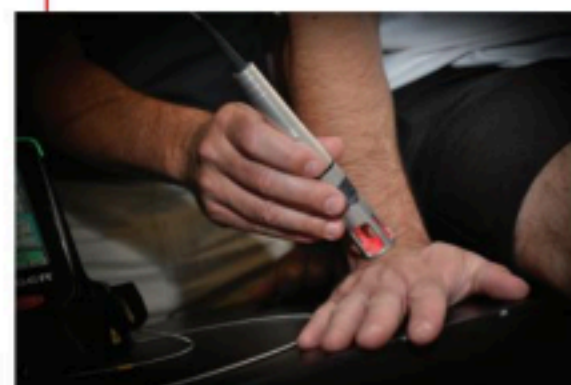
**Osteoarthritis.** When laser therapy is applied over the course of several weeks, it may reduce chronic pain caused by conditions such as osteoarthritis, dramatically improving quality of life for sufferers. •

>> This article was written with the help of K-Laser UK.

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## CLASS IV LASER THERAPY A NON-INVASIVE OPTION TAILORED TO THE PATIENT'S SPECIFIC NEEDS



## CLINICALLY TESTED ON:

- OSTEOARTHRITIC PAIN
- BACK PAIN OR SPASMS
- FIBROMYALGIA AND SCIATICA
- ACUTE SPORTING INJURIES
- POST-SURGICAL REHABILITATION
- SOFT TISSUE HEALING
- 89% of patients reported significant improvement

SIDE-EFFECT FREE

COMPATIBLE WITH MEDICAL,  
SURGICAL AND MANUAL THERAPY

4 WAVELENGTHS

POWERFUL

VERSATILE

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