

The human body reacts to light: when exposed to sunlight, our skin turns darker, vitamin D is boosted, larger quantities of serotonin (the "hormone of happiness") are released in the brain - just to mention some.

These reactions are mediated by molecules that react to light.

Over 50 years of research have unraveled which wavelengths of light can be damaging (UV light for example) and which trigger positive reactions.

These bio-medical findings have been merged with advanced LASER technology to produce medical devices able to optimise the positive effects of light stimulation.

## HOW DOES IT WORK?

Laser therapy uses selected wavelengths of light to stimulate key molecules in tissues. This activates a cascade of photochemical reactions that boosts cellular metabolism, also improving circulation, oxygenation and absorption of nutrients. This creates an optimal healing environment for tissues to recover. As the injured area returns to normal, function is restored and pain is relieved.

Laser therapy is proven successful on a vast range of applications - from acute injuries to chronic pain, from musculoskeletal conditions to wounds.

It is a safe and non-invasive technique that promotes the body's own reparative processes.

## LASER THERAPY IS DEVICE-DEPENDANT

Models and brands can differ significantly. Some devices have limited therapeutic action and produce mixed outcomes.

Devices categorized as 'Class IIIb' can emit a very limited amount of energy, requiring long sessions to produce the therapeutic dosage needed.

The new generation of lasers, called 'Class IV', are more powerful with applications taking only few minutes.

The most advanced therapeutic Class IV laser, featuring 4 different wavelengths, has a success rate of 90% and 0,07% adverse reaction (NHS data).

## ARE THERE SIDE EFFECTS?

The therapy doesn't induce allergic reactions because it doesn't introduce anything foreign into the body. Light is energy, and laser therapy 'simply' provides carefully calibrated energy to tissues to boost their natural reparative processes.

The treatment is not painful to the vast majority of patients. When treated with a Class IV laser you can perceive a warm sensation that patients describe as soothing and relaxing - whilst treatments with the weaker Class IIIb lasers can't be perceived.

Adverse reactions are very rare, mild and temporary. A moderate increase in pain may happen in patients with nerve hypersensitivity during the first couple of sessions.

There are no known side effects.

## IS LASER THERAPY FOR ME?

Laser therapy is suitable for any age group, skin tone, and body size. From athletes to pregnant women, from injured children to infirm elderly people: an advanced therapeutic Laser can tailor the treatment to the specific individual.

It's ideal for long-term maintenance of incurable conditions such as osteoarthritis, as an alternative or in conjunction with ongoing medication.

In elite sport teams, athletes are treated proactively to prevent the onset of inflammations and tissue damages during training.

A course of treatments can span from 4 sessions for acute cases, to 12 or more for chronic conditions, with ideally two applications a week.

Laser therapy is offered in physiotherapy, chiropractic and osteopathic clinics, as well as in podiatric and dentist centers.