



LASER THERAPY

What is Laser Therapy and How does it work?

It works by emitting photons 'light' through LED's at the end of the probe, this light energy is then absorbed by the targeted tissues. This tissue then helps release an energy-carrying molecule called Adenosine Triphosphate (ATP) which helps accelerate the rate of the natural healing process and tissue repair. Visible red light has the potential to accelerate the rate in which wounds heal as it is used for superficial conditions. Whereas, infrared light (non-visible) can penetrate much deeper meaning it has a therapeutic effect and affects soft tissues.



What conditions can be treated?

Laser therapy can be used to help treat various conditions such as;

- muscle strains, tension and muscular pain

- management of arthritic pain
- wound healing post surgery
- formation of collagen tissue
- prevention of scar tissue and many more.

What benefits does Laser Therapy have?

Laser therapy has many benefits when it is being applied, such as; improved blood circulation to the targeted area to help with healing and reduced tension, helps inhibit pain signals having a pain-relieving response, helps treat superficial and deeper tissues, and can be used more superficially for wounds, surgical sites, and burns.

What laser do we use?

We use a Class 3B laser in our treatments, which has a therapeutic effect on tissues. The laser does not produce any heat during treatment due to the power and type of laser, making it a 'Cold Laser'. Class 3B lasers have been fully supported by research papers, both past, and present. The probe head of the machine can be placed over the targeted area for up to 1 minute at a time (depending on the case).

If you have any questions regarding laser therapy, please get in touch or feel free to ask within sessions.