

Consent to Receive Low Intensity Laser Treatments

Low intensity laser treatment (LILT) is an electro-therapeutic modality which stimulates or accelerates the inflammatory process. The inflammatory process is the body's natural healing mechanism, the length of which is dependent upon the type of tissues which are injured. For example, a cut normally heals within 1 to 2 weeks, whereas ligaments can take 8 to 12 weeks. The inflammatory process can become chronic if the body is unable to progress through all the stages of the inflammatory process. For this reason, LILT is a very effective part of the treatment plans of many health practitioners, and can result in early discharge and return to pre-injury activities because it accelerates the body's progress through the stages of the inflammatory process.

Assessment and Re-check process: As part of a multi-disciplinary treatment program, an initial assessment can be provided by any of our clinic health care providers; if extended health benefits will be used to pay for the treatment, the health care provider must have approved provider status with the insurance company. The assessment is required to confirm location and severity of injury, to determine if other treatment measures will be required, and to establish outcome criteria and treatment parameters for the laser treatment. Progress is reviewed and treatment changes implemented after every four laser treatments, or earlier if indicated by the clinical response. Home exercise programs, in-clinic exercise program, manual techniques, massage, etc may be provided during assessment and re-check appointments, or may require that additional clinic treatment time.

Cross Referral: A cross referral to another health professional may be initiated, either at the onset of treatment or at any time during the course of treatment if, in the opinion of the managing practitioner, additional care will facilitate treatment outcome. Referral choices include physicians, naturopaths, chiropractors, physiotherapists, massage therapists, and psychologists.

Contra-indications: LILT has one contra-indication; The laser probe when directed at the eyes can cause serious eye damage, for this reason, protective goggles are required during probe application. The goggles are not required during the application of the light arrays.

The low intensity laser treatment has several treatment pre-cautions:

- the pregnant uterus;
- over sites of known malignancy; while undergoing chemotherapy or radiation treatment;
- and within 2 weeks of steroid or cortisone injection.

*In this clinic treatment will not be provided to clients with these conditions.

Adverse reaction post treatment: Occasionally clients report an increase in pain following first one or two treatments. This is a consequence of increased blood flow associated with stimulation of the inflammatory process, and usually subsides in 24 to 48 hrs. Use ice pack and/or mild pain medication to relieve these symptoms. Please advise us if you experience this reaction as it may require a change in the treatment protocol.

Anti-inflammatory drugs are believed to depress treatment response. For this reason, clients are encouraged to slowly decrease their intake as improvement occurs.

CONSENT: I have discussed the nature and purposes of low intensity laser with _____, and have read the contents of this consent to my full understanding. I consent to receive low intensity laser as part of my treatment program. I understand that application of the laser treatment will be assigned to a certified laser technician.

Patient Signature (Parent/Guardian if under 16)

Date

Provider Signature