

Low Intensity Laser Therapy Promotes Healing Naturally

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How many people do you know who have gone to their doctor suffering with a pain condition and have been told to learn to live with it? They have tried every conceivable treatment with no success and have been left to manage the pain on their own. How might their lives be changed if effective treatment managed their pain, healed their underlying condition and allowed them to live freely without pain? Low Intensity Laser Therapy (LILT) may be the solution to resolve acute and chronic pain conditions.

Who will benefit from Low Intensity Laser Therapy?

LILT is for anyone trying to accelerate the healing process. A wide range of conditions can be effectively treated; from athletes with plantar fasciitis to seniors suffering with arthritis, from individuals with whiplash to those with repetitive strain injuries. LILT is ideal for those who are intolerant of medication or who choose to manage their pain without relying on medication. Recent injuries respond very quickly to LILT, while old or chronic conditions can take longer.

Many skin conditions including: psoriasis, eczema, herpes (cold sore) and shingles respond well to LILT, and post-surgical scars show remarkable healing. Recent research and practice has also proven that laser therapy is highly successful in treating wounds.

Advantages of Low Intensity Laser Therapy

Individuals will experience many benefits through LILT. The treatment process is simple and causes no discomfort. LILT is safe; there are no known side effects. LILT promotes rapid healing. Those coping with chronic pain often see improvement within 5-10 treatments. Those with acute injuries such as sports sprains and strains may require only a few treatments to resolve their condition entirely.

How does Low Intensity Laser Therapy Work?

During treatment, red and infrared diodes and probes are placed on the skin. Photons of light are absorbed by the body at a cellular level to affect many changes. A mild inflammatory process is started which encourages the return of the body's healing cells, such as macrophage and mast cells, to the site to promote healing. The immune system is stimulated by LILT and there is an increased production of the body's natural painkillers, endorphins. LILT promotes angiogenesis, the formation of new blood vessels and the release of cortisol, a corticosteroid hormone. These effects are immediate and cumulative.