

IONTOPHORESIS USING THE MICROLIGHT SMART LASER AND CBD OIL

The Latest in Adjunctive Therapy

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Let me introduce myself; after practicing medicine for 51 years, 19 as a Board-Certified Anesthesiologist, then 32 years as a pain medicine specialist treating soft tissue pain, I retired from active practice. I met Dr. Janet Travell in 1983, and she helped me start my pain medicine practice in 1987. I worked with her (including giving some seminars and lectures with her) for nearly ten years. I lectured on various topics in myofascial medicine at the American Academy of Pain Management annual meetings and numerous seminars on the use of low-power lasers for trigger point therapy.

I have been treating chronic soft tissue pain for the past 32 years. In the first 16 years of my practice, I did more than 600,000 trigger point injections. For the past 16 years, I have primarily used Low-Level Laser Therapy (LLLT) with the MicroLight 830nm laser system to treat myofascial trigger points. Since I brought the MicroLight laser to my practice sixteen years ago, I have inactivated more than 200,00 individual trigger points with that technique.

For the past two months, I have been using CBD oil as an adjunctive therapy to treat my trigger points (I have many of these in my neck, arms, and legs), and the results have impressed me. Applying the CBD oil for five minutes before treating the trigger points with the MicroLight Smart Laser significantly prolonged the relief provided by the laser. I followed the treatment by applying heat and stretching the involved muscle. Surprisingly, applying the CBD oil and waiting about 30 minutes reduced the trigger point tenderness to almost a "latent" level.

These results show how photon therapy (for example, with a low-power laser) can result in the iontophoresis of compounds (such as CBD oil) through the skin and into the tissues. Based on my clinical experience of over 16 years, using a laser with a wavelength of 830nm can affect tissues at a depth of 2-4 inches.

Dr. Filner's clinical observations:

I used CBD products for three weeks, with and without the laser, to inactivate my own trigger points (of which I have had numerous areas of involvement for the past 40 years). I have been quite surprised and pleased with the (albeit anecdotal) results.

I used a liquid (1500 mg) and a salve (500mg). I followed different protocols for several days each, as follows:

- 1 – Laser therapy alone.
- 2 – CBD liquid followed by laser therapy after ten minutes.
- 3 – CBD liquid, laser therapy, heat, and stretching.
- 4 – CBD liquid alone, heat after one hour, CBD Salve, and stretching.

Number three gave the most prolonged, most complete relief, followed by number two. Number one was only slightly better than number four. The fact that number four worked so well was pleasantly surprising to

me. This suggests that further scientific investigation would be very worthwhile under more rigorous control.