

PHYSIOTHERAPY EDITION







Microlight Laser Away Muscular Pain

W usculoskeletal pain affects more than 110 million Americans, causing \$635 billion in direct and indirect costs associated with acute or chronic pain or injury. Medications or surgical treatments provide temporary relief but can cause adverse side effects, including discomfort, infections, and even narcotic addiction. Against this challenging backdrop, MicroLight, a pioneer in lowlevel laser therapy (LLLT), provides an alternative non-surgical treatment for patients with muscular pain. Its treatment

can alleviate chronic pain and promote healing in various musculoskeletal pathologies.

"Our smart lasers are a safe, fast, and effective treatment for chronic pain and inflammation with no side effects," says Mike Barbour, Founder and CEO of MicroLight. "We got FDA clearance to introduce our lasers to the U.S. in 2002 and have since sold over 20,000 lasers."

The MicroLight cold laser, the Smart Laser (previously ML830), is a non-invasive substitute for dry-needling and trigger point injections and an easy-to-use device that does not generate heat. Unlike hot lasers, it can go over bone, metal, pacemakers, and tattoos without damaging or burning the skin. The class 3B laser has a wavelength of 830 nanometers and 90 milliwatts of power, with three laser diodes that concentrate the science of the cold laser into one continuous beam. The triple paddle can be strapped onto the treatment area, allowing the laser to be administered safely hands-free. And since the MicroLight laser does not have current procedural terminology (CPT) codes, they enable practitioners, such as physical therapists, massage therapists, chiropractors, doctors, and dentists, to offer a healthcare wellness program for cash payments.

The Smart Laser optimizes the immune response, reduces inflammation, relieves pain, and stimulates the skin without harming the body. The laser has the most effective penetration, between two-four inches into the body, helping to relieve pain and inflammation in deep muscles and cartilage tissues. The light from the laser allows the cell's mitochondria to produce the energy needed to create healthy cells more rapidly, resulting in faster wound healing



and bone production, reducing edema, and increasing oxygen to the body tissue at a deeper level.

"The MicroLight laser can help a migraine headache in six just minutes, three minutes for each side of the head, by aiming the laser at trigger points in the nerve cells closely associated with the main nerve involved in headache disorders," says Dr. Bernard Filner, Medical Director for MicroLight.

The laser also helps treat sport-related pain, like plantar fasciitis, when pain in

the heel is caused by repetitive stress. It goes away when the laser is applied to trigger points. Likewise, low-energy laser therapy is beneficial for patients with carpal tunnel syndrome, greatly improving the functional measure of wrist-hand work performance. MicroLight's team of experts continues to venture into new areas such as dentistry, veterinary, and cosmetics, going beyond pain relief to restoring and healing the skin.



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The MicroLight laser helps healthcare professionals who suffer from occupational problems extend their careers by at least ten years. For instance, when a pediatric dentist suffered from recurring pain in her shoulder even after multiple surgeries, she started to rely on pain medications and opioids, which only temporarily relieved her before acting up again. After consulting with doctors, she used the MicroLight Smart Laser to treat the trigger points near her shoulder, which helped her get off opioids, extend her career by a few more years, and lead a more healthy and happy life.

With more than 30 years of clinical studies proving that the 830-nanometer wavelength is the optimal wavelength to treat pain and inflammation, the MicroLight laser is the treatment of choice for countless patients to attain freedom from muscular pain and improve their quality of life.