

## **Low Level Laser Therapy**

### **What is LLLT?**

Low level laser therapy (LLLT) is a medical treatment which uses low level lasers or light-emitting diodes. Light is used as the therapy for healing injuries and reducing pain.

This treatment works because small organelles in human cells mitochondria absorb this wavelength. This helps to:

- Stimulate tissue repair
- Resolve inflammation
- Reduce Pain

The laser used is in class 3b, emitting 5mW to 500mW. This is a higher power than lasers used in printers or barcode readers but significantly less than those used in surgery.

More than 200 randomised clinical trials have now been published in which the therapy is used to treat a range of pathologies including chronic pain.

The US Food and Drug administration has cleared LLLT for the treatment of Lymphedema (2006), osteoarthritis (2009) and chronic pain.

### **Conditions which can be treated**

- Tendinopathies
- Osteoarthritis
- Back and Neck Pain
- Neurogenic Pain
- Wound Healing

### **What the treatment involves:**

Dr Desai will assess your suitability for the treatment.

You will be treated as an outpatient. The affected area will be exposed to light of the appropriate power and wavelength for some minutes. It is a painless, non-invasive procedure.

You will need to undergo a minimum of eight sessions of LLTH therapy depending on your condition and how long you have been affected. About 4 to 8 sessions can be booked per week.

You should not be taking anti-inflammatory medication or steroids before or during therapy.

You can drive immediately after the treatment.

### **Effect of the treatment**

It is important to understand that you may not benefit at all from the treatment.

You may notice improvement as you undergo the therapy, but it will take about a month to have full effect. At this point, the need for further sessions will be assessed.

## ***Patient Information Leaflet – The Windsor Pain Management Centre***

Some patients initially experience worsening of the pain for a couple days, and then notice improvement.

### **Precautions**

Let your doctor know about the following

- Pregnancy
- History of cancer
- Thyroid problems
- Immunosuppressant drugs
- Photosensitivity
- Epilepsy

### **Further Information**

For more information on LLLT visit [www.thorlaser.com](http://www.thorlaser.com)