CAN LASER CURE TUBERCULOSIS?

What if medication does not cure TB? Could Low level laser therapy (LLLT) help? In this controlled trial more than one hundred patients were treated two times per week for five weeks with LLLT and medication. One interesting aspect of this study is that the follow up was conducted for two years after treatments to insure accuracy.

After 10 treatments 51% of the LLLT group were cured, compared to 16% in the medication group. The researchers concluded that LLLT is an effective adjunctive therapy along with antitubercular drugs in cases of chronic TB. The message for clinicians is that laser can be used to improve the results of almost any type of medication or natural therapy.

(Indian J Tuberc. 2010 Apr;57(2):80-6).

ARE LASERS AS EFFECTIVE AS SPLINTS FOR TMJ?

The present study was designed to compare the effects of low-level laser therapy (LLLT) with occlusal splints in patients with myofascial pain of the jaw and face. LLLT was applied to patients 2 times per week, for a total of 10 sessions. Patients in the control group were instructed to wear splints 24 hours per day for 3 months.

When the groups were compared with each other, there were no significant differences between the groups! In both groups, muscle pain and jaw range of motion improved significantly. The dentists concluded that LLLT applied twice per week for five weeks was as effective as occlusal splints used 24 hours per day for 3 months!


LASER IMPROVES SPORTS PERFORMANCE!

Low level laser therapy (LLLT) has been documented to optimize human muscle performance with physical exercise. This study tested the effect of LLLT on physical strength training compared with strength training only.

The study involved 36 healthy, fit men using an 808 nm continuous wavelength laser, much like the Apollo. The LLLT men showed an increase of 55% in strength on isokinetic dynamometry, significantly higher than the increases with exercise alone. Soon we may see LLLT commonly used to improve sports performance.

(Lasers Med Sci. 2010 Nov 18)
LASER IS MORE EFFECTIVE AT HEALING THAN ULTRASOUND!

In this study, animals were treated with either low level laser therapy (LLLT) or Low Intensity Pulsed Ultrasound (US). Each animal received six sessions for damaged muscle tissue. The researchers concluded that US helped soft tissue injuries less effectively than LLLT. This study revealed that both LLLT and US therapies have positive effects on muscle metabolism after an injury, but LLLT produced a better response.

(Photomed Laser Surg. 2010 Dec 18.)

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About the Instructor

Curtis Turchin, M.A., D.C. has a B. A. in pre-medical studies from the University of Southern California, an M.A. in Education from San Francisco State University, and a D. C. from Palmer College. He is in private practice near San Francisco using manual therapies and lasers in a practice with a physician. He has published 3 books, more than 20 journal articles, and has been extensively interviewed on radio and television. Dr. Turchin is the author of Light and Laser Therapy: Clinical Procedures, described as the authoritative text on clinical laser treatment as well as, Treating Addictions with Laser Therapy, the...
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- **Decompression, Laser and Mobilization Certification** teaches doctors and therapists how to use modern, low cost Decompression tables to regenerate herniated disks with laser, traction and Dynamic Mobilization. Classes are sponsored by both chiropractic and physical therapy organizations.
- **Dynamic Mobilization Certification** teaches how to rapidly and effectively mobilize the spine and extremities. Learn to create dynamic joint play, gently, safely and easily using Dr. Turchin's unique low force techniques.

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Thank you!

I will try to bring you unbiased, evidence based information on a regular basis to help you understand this new and exciting modality. If you would like to see any particular topics or have any comments or suggestions, please email me, Curtis Turchin, MA, DC at: dr.turchin@yahoo.com (yes, that is dr dot turchin @ yahoo.com)

Sincerely,

Dr. Curtis Turchin

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