LOW LEVEL LASER THERAPY FOR STROKE

Although there have been improvements in the physical therapy of stroke, TPA (Tissue Plasminogen Activator) is the only proven therapy. However, this is a very expensive treatment and cannot be used universally.

Recently, low level laser therapy (LLLT) has been applied to acute ischemic stroke patients. This technique uses LLLT applied to the scalp within 24 hours of the stroke. A study performed at University of California, San Diego Medical Center revealed a significantly improved success rate in patients treated with laser therapy. Further phase 3 testing is planned and may create a new paradigm for the treatment of acute ischemic stroke. The authors postulate that the success was due to increased ATP production.

These types of studies demonstrate the infinite variety of uses for LLLT in medicine and natural therapy. LLLT may turn out to be the ultimate "complementary medicine" tool since it can easily and effectively bridge medicine and natural therapy.


TMJ DISC DISPLACEMENT, INFLAMMATION & JAW FUNCTION

This is one of the many laser studies coming out of dental schools showing the benefits of LLLT. This study is interesting because it not only showed that LLLT was more effective than anti-inflammatories, it also showed reduced pain and improved jaw function. In addition, jaw range of motion in the LLLT group was significantly improved compared to the NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) group. This is one more study proving the effectiveness of LLLT in the treatment of TMJ problems with disc displacement.


SPORTS MEDICINE: IMPROVED MUSCLE PERFORMANCE
At one time, the accepted theory was that LLLT improved the health of damaged cells but not healthy ones. We now know that laser helps healthy cells become even healthier! It is common for athletes to ask for laser treatment prior to a competitive event. Now we know why!

The purpose of this study was to evaluate the effects of light on quadriceps muscle fatigue using an isokinetic dynamometer. Seventeen healthy and physically active male volunteers were included in a controlled trial. The researchers provided a total dose of 125 Joules. The results showed a clear increase in performance using light to prevent muscle fatigue. The researchers concluded that light therapy is an innovative way to improve muscle performance.


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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.

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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