USING LLLT TO TREAT CHRONIC PAIN

The aim of the study was to evaluate and compare the effects of low level laser therapy (LLLT) with interferential current (IF) in the treatment of CRPS (sometimes called RSD). CRPS, Complex Regional Pain Syndrome, is a severe and chronic pain condition that has few successful medical interventions.

In this controlled study 45 patients with unilateral CRPS were treated with LLLT. Group A was treated with LLLT and group B was treated with IF. There was a statistically significant improvement with both groups, but the decrease in pain was significantly higher in the laser group.

This study shows three important findings:
· Laser is effective treating serious chronic pain conditions;
· Laser and Interferential both have benefit;
· Laser is superior to Interferential with chronic pain.

This study supports the work of Dr. Basford from Mayo Clinic showing successful treatment of CRPS with laser. It also supports prior studies showing that laser is generally superior to electrical stimulation, with the caveat that some studies show laser plus electrical stimulation has a synergistic effect.

(Vojnosanit Pregl. 2010 Sep;67(9):755-60)

TREATING ORAL MUCOSITIS WITH LLLT

Oral Mucositis (OM) is a very painful side effect of chemotherapy. Patients who have received high doses of chemotherapy, either alone or in combination with total body radiation, often cite OM as the most debilitating side effect. Prior studies have shown that LLLT can treat OM and provide significant relief and speed healing. However, no study has looked at trying to prevent OM before it begins.

The researchers studied 42 patients who underwent stem cell transplant with radiation and chemotherapy. In the LLLT group, 57.1% of patients had no pain when they received LLLT prior to treatment, whereas in the control group, only 4.8% of patients were free of pain! The results demonstrate that laser can not only heal this serious problem, it can even prevent it!

(Photomed Laser Surg. 2010 Oct 22)
At one time it was thought that LLLT was ineffective when used with cortisone. Newer studies are showing that LLLT actually may have a synergistic effect with cortisone. This animal study aimed to assess the effect of LLLT associated with and without dexamethasone on inflammation and wound healing in surgical wounds.

The results showed that LLLT and dexamethasone acted in a similar pattern to reduce acute inflammation! Collagen synthesis and tissue healing were more intense in the laser group and LLLT was effective in reducing swelling and accelerated repair, even in the presence of dexamethasone.

21st Century Laser Therapy Courses

Sat. 1/22, Portland OR, for therapists and doctors

Lasers and Manual Therapy
Call Bill: 503-653-7128 or 503-939-3776

Sat. Feb. 5th, Denver, Colorado, for doctors and therapists

The Brain, Pain and Central Nervous System: 21st Century Laser Therapy
Call Todd at:
303-935-5323 or 720-3507720

Sat 2/26, San Juan, Puerto Rico, for doctors and therapists

The Brain and Central Nervous System: 21st Century Laser Therapy
Dr. Martinez, 787-533-0048/787-533-0021

Sat 3/4 or Sat 3/5, Chicago, IL, for therapists and doctors


Overview of Seminars on Laser, Decompression and Mobilization

Doctors and Therapists can now learn Dr. Turchin's special techniques, including Dynamic Mobilization, Laser Therapy, Decompression, and Kinetic Taping.

The following classes are offered:

- 21st Century Laser Therapy Certification, Part 1 teaches all you need to know about the science and art of laser therapy, especially in the treatment of the brain, pain and the central nervous system. Classes are for any profession licensed to use light therapy.
- 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.

We provide regular classes in many parts of the country and supply you with the science and art required to offer successful treatment: Call us at: 1-866-789-7456.

Online classes
See our DVD Laser Training sponsored by a leader in therapy education:
Exploring Hand Therapy

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

Click on “Forward email” below to send to a friend or colleague