

How Laser Therapy Can Benefit the Athletic Trainer

Contributed by Mark Callanen, PT, DPT, OCS

Early research regarding laser therapy with lower-powered lasers was at times underwhelming. However, recent advances in equipment and better understanding of photobiomodulation (PBM) has shown that laser therapy is effective in reducing pain and inflammation and accelerating healing.



PBM occurs when an effective dose of light energy is applied to injured tissue. The general mechanism for laser therapy involves stimulation of chromophores on the inner mitochondrial membrane of different cell types that trigger several positive biochemical changes to injured tissue.

Treatment with Direct Contact

While higher-powered lasers make it easier for clinicians to apply appropriate doses of light energy to injured tissue, power is not the

Biggest Benefit:

LightForce's patented massage ball applicator allows you to deliver the most efficient dose of laser energy to deep target tissues.

What's New

LightForce's new i-series of therapy lasers features influence® Technology—a combination of hardware and software advances to ensure you achieve the best outcomes with every patient, every condition, every time.

only variable that impacts effective dosing. Wavelength is another key variable, and many popular therapy lasers use research-based wavelengths to maximize the ability to energize somatic tissue. Additionally, treatment delivery method is important and can greatly effect outcomes. Delivery system technology, such as the patented LightForce massage ball applicator, allows clinicians to directly compress and manipulate tissue while using the laser. This helps minimize scatter and reflection, blanch away unwanted fluid close to the skin surface, and place the source of the laser closer to the intended tissue. All these factors maximize the energy penetration to deeper tissues. This is important, because if the appropriate level of energy does not reach the injured tissue, PBM will not take place where it is needed, and the treatment will be ineffective.

This is a primary reason over 200 collegiate and professional training athletic training rooms are utilizing LightForce Laser Therapy technology with their injured athletes to optimize their return to sport. If you think your patients could benefit from this advanced technology, regardless of what your manual philosophies might be, please reach out for additional information.

CONTACT:

For more information on LightForce Laser Therapy give us a call at **302-709-0408** or visit us at **www.LightForceLasers.com**

Text Name/School and "T7108" to 607-882-1273 for info