

Dr. Louise Cash, DC, CAC
POB 335, Mimbres, NM 88049-0335
(Hm-Mimbres) 536-3004,

Offices in Silver City & the Mimbres
(Cell-Silver City) 575-519-2724

Low Level Laser Therapy

Low Level Laser Therapy (3LT™), commonly known as LLLT, is a form of phototherapy which involves the application of low power coherent light to injuries and lesions to stimulate healing. Low Level Laser Therapy (3LT™) is used to increase the speed, quality and tensile strength of tissue repair, resolve inflammation, and give pain relief. Erchonia Medical is one of the leading research companies on lasers and they are the developer of 3LT™ technology. The recovery and healing techniques this team has developed is leading the field in the new science of Energy Medicine. Cold laser therapy is a major advancement in healing and is rewriting the medical books on what is possible for chronic injuries, pain management, neurological impairment, and facilitating the healing process in disease conditions.

How Does Low Level Laser Therapy work?

The effects of Low Level Laser Therapy (3LT™) are photochemical (cold), not thermal. Hot lasers in the medical world are used for surgical precision while cold lasers are used for healing precision. During treatment of the tissue with the laser beam, an interaction between cells and photons takes place---a photochemical reaction. Photons from the laser affect the tissue at the cellular level. The cold laser enters the tissue, alters cell membrane permeability, and at the cellular level is absorbed in the mitochondria of the cell creating physiological changes such as:

- Rapid cell growth. The laser accelerates cellular reproduction and growth.
- Faster wound healing. The laser stimulates fibroblast development in damaged tissue. The reduction in recovery time is an important consideration.
- Increased metabolic activity. Helps the body increase output of specific enzymes, greater oxygen to blood cells and more effective immune response are induced by laser.
- Reduced fibrous tissue formation. The laser reduces the formation of scar tissue following tissue damage from cuts, scratches, burns, or following surgery.
- Anti-inflammatory action. The laser reduces swelling caused by bruising or inflammation of joints to give improved joint mobility.
- Increased vascular activity. The laser stimulates lymph and blood circulation, to allow the affected tissue to have the best possible circulation.
- Stimulated nerve function. Slow recovery of nerve function in damaged tissue can result in "dead" limbs or numb areas. Laser will speed the process of nerve cell reconnection to bring the numb areas back to life. Laser also increases the amplitude of action potentials to optimize muscle action.

These physiological changes affect macrophages, fibroblasts, endothelial cells, mast cells, bradykinin, nerve conduction rates and the energy communication pathways throughout the fascial network (liquid crystalline living matrix). The energy transferred to the cell can increase its kinetic energy, and activate or deactivate enzymes or alter physical or chemical properties of main macromolecules. The mitochondria are the "Powerhouse" of the cells and make ATP which is needed for the life enhancement process of every cell.

Research has shown that the cells of your body actually communicate with each other through coherent light (laser). With the Erchonia Medical laser there are

specific pulsations (hertz) that can be programmed with the laser frequency allowing the practitioner to talk "cell talk" with the body. Specific pulsations have been shown to create different physiological responses of the cell. This is extremely important when working with a variety of injury and disease conditions to promote healing. The metabolism of injured and diseased tissue is decreased and the laser creates an increase in metabolism and cell communication immediately. The common response from doctors and patients, when this safe and effective modality is applied, is WOW!

What are the advantages over other modes of therapy?

Low Level Laser Therapy (3LT™) has been found to offer superior healing and pain relieving effects when compared to other electrotherapeutic modalities. The results seem equally untouchable for early stages of acute injuries, and for chronic problems. Low Level Laser Therapy (3LT™) can also be used for Acupuncture Point stimulation.

Low Level Laser Therapy (3LT™) is a universal method of treating muscle, tendon, ligament, connective tissue, bone, neurological dysfunction or damage, and skin tissue with one simple piece of equipment. When the laser is applied with chiropractic care the best results are achieved to organize the nervous system and promote healing. Low Level Laser Therapy (3LT™) is a major advantage for athletes due to the neurological applications and the extremely fast results that can be achieved.

Clinical uses of Low Level Laser Therapy (3LT™)

There are a number of potential clinical uses for 3LT™ although those trained in chiropractic kinesiology have a significant advantage, over other health care disciplines. Understanding the body dynamics as a whole and the benefit of neurological organization the chiropractic kinesiologist is better equipped to administer Low Level Laser Therapy for the benefit of the patient. Lasers are also being used by those in chiropractic, medical, dental, acupuncture, podiatry, osteopathic, veterinary, physiotherapy, acupuncture practice and cosmetic applications. This therapy is very effective and safe for children. Do not let your children grow up with the same problems you have.

The portability and diversity of battery powered diode laser systems allows treatment to be carried out in clinical and field locations. This opens up possibilities for the immediate and therefore more effective treatment of sporting and athletic injuries, such as sprains, strains, muscle tears, and inflammatory conditions.

The 3LT™ laser is an attractive form of treatment for both human and animal athletes, especially those involved in professional sports, due to the prospect of shorter recovery and lay-off times. In the animal world it is especially popular in the treatment of horses and racing greyhounds.

Low Level Laser Therapy (3LT™) is popularly used for:

- Soft Tissue Injuries
 - o Sprains & Strains
 - o Hematomas
 - o Tendonitis and Tenosynovitis
 - o Capsulitis
 - o Bursitis
- Chronic Back & Neck Pain
- Myofascial Trigger Points

- Acupuncture points and meridian balancing
- Acute & Chronic Joint problems:
 - o Osteoarthritis
 - o Rheumatoid Arthritis
 - o Ligament & Tendon injuries
 - o Chondromalacia Patella
- Reduction of Inflammation
- Wound Management
 - o Open Wounds
 - o Pressure Sores
 - o Post surgical healing
 - o Ulcers
 - o Diabetic ulcerations
 - o Burns
- Dermatological Conditions
 - o Eczema
 - o Acne Vulgaris
 - o Roseacea
 - o Psoriasis
 - o Herpes
 - o Shingles
 - o Dermatitis
- Fractures
 - o Non Union
 - o Small bone
- Metatarsalgia
- Trigeminal Neuralgia
- Brachial Neuralgia
- Plantar Fasciitis
- Frozen Shoulder
- Carpal Tunnel
- Strep throat

**For more information, or for an appointment, please contact
Dr. Louise Cash, DC, CAC toll free 1-888-9-louise**