



Cold Laser Therapy



Overview

This is a way of caring for injured tissues with laser light. If you have pain in your muscles or joints from conditions such as fibromyalgia or arthritis, cold laser therapy may help.

Evaluation

To begin, your therapist talks to you about any pain or sensitivity you may be having. Discuss any specific parts of your body that you want the therapist to focus on. Then, you are positioned comfortably.

Procedure

Your therapist activates the laser. It produces light that shines through your skin. This is painless. It doesn't feel hot or uncomfortable. The light stimulates your damaged tissues. It may reduce inflammation and pain. It may help your body heal itself.

Safe Form of Care

Cold laser therapy is a safe and effective way to care for many types of pain. You may benefit from a continuing care plan.

