



## High Dosage Laser Therapy (HDLT)



### Overview

This is a way of caring for injured tissues with laser light. If your muscles or joints hurt from conditions such as fibromyalgia or arthritis, high dosage laser therapy may help.

### Evaluation

To begin, your therapist talks to you about any pain or sensitivity you may be having. Discuss the specific parts of your body your therapist should focus on. Then, you're positioned comfortably to treat those areas.

### Procedure

Your therapist activates the laser. It produces light that shines through your skin. This isn't painful, but it will feel warm. The light stimulates your damaged tissues. It may reduce inflammation and pain. It may help your body heal itself.

### Safe Form of Care

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

