

Utah Sports and Wellness invites you to try the newest technology in healing

COLD LASER THERAPY 801- 486-1818



What is low-level laser?

Unlike high power lasers that use heat and destroy tissue, low energy lasers affect the cellular energy of the underlying tissue. Low Level Laser Therapy refers to the modality of applying a "low" energy or "low level" laser to tissue that stimulates cellular processes and thereby enhancing biochemical reactions. For example, studies show that LLLT increases ATP (energy) production in the mitochondria of the cell. Since more energy is now available, the cell may utilize this fuel to function or operate more efficiently.

How does it work?

Many theories exist as to the mechanism of action for LLLT but simply put, photonic energy is absorbed by the photo acceptor sites on the cell membrane which trigger a secondary messenger to initiate a cascade of intracellular signals that initiate, inhibit or accelerate biological processes such as wound healing, inflammation, or pain management. This laser is calibrated to the same wavelength as a human cell (635nm), and thus stimulates the mitochondria of the cell to generate greater amounts of ATP (adenosine tri-phosphate), our body's primary molecular energy source. With more

energy available at the cellular level, the possibilities of healing become endless.

What conditions can be treated?

LLLT has been successfully used to treat many conditions such as acute and chronic pain reduction, repetitive use disorders like carpal tunnel syndrome, soft tissue strains and sprains, inflammation reduction, enhanced tissue wound healing, and cell regeneration.

Are there any side effects?

There are over 1500 published studies and not one of them mentions any negative side effects of semi-conductor diode lasers at the 5mW range. Low Level Lasers are safe, non-toxic and non-invasive.

What is the difference between Lasers and LED's (light emitting diodes)?

The significant difference between the two is the power output. The peak power output of lasers is measured in watts, while that of LED's, is measured in milliwatts. LEDs do in fact produce light, however the light is not intense, producing very little energy and is actually similar to light produced by common household light bulbs. This type of light is the result of photons moving in random directions at random times, generating random frequencies. The misconception between Lasers and LEDs is in large part a by-product of marketing.

Do you need FDA market clearance to sell these devices?

Erchonia Medical Lasers made history on January 17, 2002 by being the first Low Level Laser manufacturer to be given marketing clearance as Adjunctive Use in Pain Therapy for the treatment of chronic neck and shoulder pain.

How long are the treatments?

Treatments can vary in time from seconds to minutes depending on the condition. Research studies show that there may be a dose dependent response, so it may be more effective to treat at lower doses at multiple intervals then to treat a single time with a high dose.

How long does the treatment last?

A treatment plan may vary, depending on the condition. For instance, an acute soft tissue injury or open wound may require multiple short treatments initially then the interval between treatments will lengthen as the condition improves.