

## WHY did I choose LASER THERAPY?

Because I wanted PAIN RELIEF!

- ◆ RAPID PAIN RELIEF

The laser light increases blood flow to damaged areas and accelerates the body's natural repair process.

- ◆ ANTI-INFLAMMATORY ACTION

The laser reduces swelling caused by bruising or inflammation of joints to give enhanced joint mobility and reduced pain.

- ◆ REDUCED SCAR TISSUE

The laser reduces the formation of scar tissue following damage from cuts, scratches, acne, or burns and post-surgery.

- ◆ IMPROVED NERVE FUNCTION

Slow recovery of nerve function in damaged tissue can result in areas of reduced sensitivity and feeling, risking further injury. The laser speeds nerve repair to restore feeling to these numb areas.

- ◆ FASTER WOUND HEALING

The laser accelerates the development of new cells for skin, muscles, blood vessels, bone and nerves, reducing the time to return to health and activity.



*Healing at the speed of light*

## Contact Us

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Laser Therapy

### Our Trainer

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Certified Athletic Trainer



## WHAT can I expect from LASER TREATMENT?

### > PAINLESS RELIEF

Some patients report a slight sense of warmth or lightness as circulation is improved and muscles relax, others report no particular sensation during treatment.

### > NO SIDE EFFECTS

Laser therapy facilitates the natural healing responses of the body, and does not add any biomechanical, mechanical or neurological stress to the healing process. The only “side effects” of laser therapy are the natural effects of healing: the return of the function and mobility in damaged joints and muscles, the return of sensation in damaged nerves, the reduction of pain.

### > QUICK RESULTS

Some patients experience pain relief or increased mobility or improved strength or other symptom relief from the first treatment, while others experience relief hours or days later, or even only after the 2<sup>nd</sup> or 3<sup>rd</sup> treatment. The amount of pain or injury, the amount of the since the symptom began, and the cause of symptoms all affect the speed of results. Since there are no biomechanical side effects blocking the body’s response to the light therapy, laser therapy tends to produce faster, and more progressive relief than many alternative therapies.



Pain relief

## FAQ



### 1. WHAT IS LASER THERAPY?

Therapeutic medical lasers heal tissue ailments by injecting billions of photons of invisible laser light deep into the tissue.

Human tissue naturally contains protein strands called chromophores, which have the unique ability to absorb laser light energy and transform it into chemical energy. This chemical energy is used by the body to significantly reduce pain and accelerate the healing process naturally.

### 2. IS LASER THERAPY SAFE?

Clinical studies show that laser therapy achieves excellent outcomes in wound healing, reduction of inflammation and side-effect-free pain relief.

Laser therapy is painless, non-ablative, non-invasive and does not cause any trauma or damage to the treated tissues.

### 3. HOW DOES LASER THERAPY WORK?

Therapeutic lasers work by supplying energy to the body in the form of photons of light and allowing the body to make its own repairs. The laser loads light energy into the cells and organized energetic and biochemical interactions that promote and support pain relief, cell regeneration, collagen production and new tissue formation.

The process also reduces inflammation, improves blood flow and accelerates healing. In general, the bio stimulating effects of laser therapy are from its analgesic, anti-inflammatory, and anti-edematous effects

*Safe and effective for many conditions!*

### 4. WILL MY RANGE OF MOTION INCREASE?

YES. Often, from the first treatment the range of motion will increase.

### 5. HOW MANY TREATMENTS WILL NEED TO BE ADMINISTERED?

The number of treatments varies based upon conditions. Generally, 6-8 treatments are needed in a treatment cycle to achieve the best result.

### 6. CAN THE LASER BE USED OVER METAL IMPLANTS?

YES.

### 7. WILL I FEEL IMMEDIATE RELIEF?

We have seen that many patients get immediate relief from their first treatment.

### 8. HOW LONG WILL THE RELIEF LAST?

Results vary with each patients. However, in our experience results last for 3-4 days after the first treatment. The period of pain relief increases as more treatments are performed.

### 9. WHAT IS LASER THERAPY USED FOR?

Laser therapy has photobiomodulation beneficial effects for relieving pain, resolving inflammation and increasing the speed, quality and tensile strength of tissue repair. It has also been shown to stimulate the immune system, resolve infection and improve the function of damaged neurological tissue. Laser therapy is also effective in increasing collagen production, bone repair, and increasing production of capillary beds.