

# MEN'S HAIRCUTS

## HEAD QUARTERS

## Cold Laser Therapy / Low Level Laser Therapy

### Frequently Asked Questions and Answers Regarding Low Intensity Laser Therapy

#### 1. What is Laser Therapy?

Low Intensity Laser Therapy (LILT) is the use of light from a Low Intensity Laser Diode or an array of Super luminous Diodes to eliminate pain, accelerate healing and decrease inflammation.

Laser Therapy does not heat or cut tissue, unlike high intensity lasers. Many pharmacological treatments mask pain or only address the symptoms of the disease; Laser Therapy treats the underlying condition or pathology to promote healing. This means that the treatments are effective and the benefits of Laser Therapy are long lasting.

#### 2. What conditions can be treated with Laser Therapy?

Laser Therapy can be used to treat a broad range of medical conditions, including musculoskeletal problems, arthritis, sports injuries, wounds, chronic and degenerative conditions, and dermatological problems. Please hit this link for the comprehensive list of conditions treated with laser: [Conditions treated with LLLT](#)

#### 3. How long does a treatment take?

Treatments can last between 15 minutes to over 1 hour depending on the condition and area being treated. These time frames are based on very specific protocols set out by your clinician to maximize the benefits in the shortest period of time.

#### 4. How many treatments are needed?

The number of treatments will vary with regard to the individual problem as every patient and condition responds to Laser Therapy uniquely. In a recent clinical report on over 1,000 patients treated with the BioFlex Professional Laser Therapy System, patients averaged slightly less than 10 treatments to resolve their condition. In some patients, 1 treatment may be sufficient; however, on average, 3-25 treatments are required. In some cases, additional maintenance treatments may be recommended. Like many other modalities, the total number of treatments depends on the age, severity, chronicity, and nature of the condition as well as factors regarding the patient's age, overall health, and even exercise levels.

#### 5. How much does one charge for treatment?

Fee for treatment is set by individual clinics and is \$50 on average, with the range being anywhere from \$35 - \$80 per treatment. At Columbia Integrated Health, we charge \$60 for 45 minutes initial consultation and treatment, then \$45 for a half hour subsequent treatment. Package pricing is available so please inquire with our administrative department.

## **6. Is Laser Therapy covered by public or private insurance plans?**

Insurance coverage for Laser Therapy varies depending on the professional designation and/or qualifications of the therapist and the insurance plan. Every insurance company is different and every plan within each insurance company may vary so recommend you contact your company and ask if you have coverage for Chiropractic and Physiotherapy, as the Laser Therapy those clinicians supervise sessions.

## **7. Is Laser Therapy safe?**

Hundreds of research studies have shown Laser Therapy to be safe and effective. Laser Therapy is non-invasive, non-toxic and non-thermal. Unlike other forms of radiation, Laser Therapy is beneficial rather than harmful to tissue. The BioFlex Laser Therapy system is FDA and Health Canada approved. There are very stringent safety protocols have to be met to ensure complete and continuous patient safety. (Please refer to the BioFlex website for more information on this)

## **8. Are there any contraindications?**

Yes. Laser Therapy should be avoided in the following instances:

Over the womb for women in their first trimester of pregnancy (as there have been very little studies on this)  
Over cancerous tumors (as we do not want to increase angiogenesis and blood flow to such areas)

9. Have the clinical applications of Laser Therapy been studied using the BioFlex Laser Therapy Systems?  
Meditech International Inc., the makers of the BioFlex Laser System, is highly active in studying the clinical applications of Laser Therapy, particularly for conditions where current medical approaches are ineffective.

## **10. What is the BioFlex Laser Therapy?**

BioFlex is a highly sophisticated therapeutic device that combines the benefits of Low Intensity Lasers with Super luminous Diodes for the effective treatment of many medical disorders. Developed and engineered by Meditech International Inc., BioFlex represents the most significant technological advancement in Laser Therapy.

## **11. How does BioFlex compare with other conventional treatments?**

BioFlex Laser Therapy is able to influence the pathology directly at the cellular level, resulting in therapeutic benefits that are long lasting and address the underlying condition or pathology. This is unlike many other conventional treatments, which treat only the symptoms or site of pain, without addressing the source of pain.

## **12. Who uses BioFlex Laser Therapy?**

BioFlex Laser Therapy is being used by an increasing number of physicians, physiotherapists, and chiropractors; massage therapists, veterinarians, naturopaths and dentists across Canada, the United States, Europe, South

America and Asia. Meditech Laser Rehabilitation Clinic currently performs over 800 laser treatments a week, and that number are steadily increasing. The BioFlex Laser Therapy Systems are also currently being used by a number of sports professionals: The Toronto Raptors, The Toronto Maple Leafs as well as the Toronto Blue Jays, the Miami Heat, the Canadian National Ballet Company along with many other high performance organizations utilize the technology as the basic treatment platform for their athletic injuries. Here at Columbia Integrated Health, your Massage Therapist or Laser Technician oversees your Laser Therapy sessions.

### **13. How does Laser Therapy work?**

Laser therapy is based on the principles that light photons of a certain wavelength will penetrate into cells and initiate increased levels of energy production, which results in a higher level of metabolic activity which then translates directly to increase

protein synthesis. More proteins produced by the cells, results in more tissue healing.

### **14. How does the BioFlex Laser Therapy treatment fit in with massage therapy and other treatment modalities?**

Laser Therapy is an adjunctive treatment to the other modalities. Where the outcomes of massage therapy and other techniques may be to break down scar tissue and release adhesions, Laser therapy is intended to stimulate the cells to produce more proteins as a process of cell healing. LLLT is not a replacement of those other treatments but rather a supplement treatment to ensure that the cells and tissues heal as optimally as possible.

For more detailed information, research articles, and testimonials, please visit [www.bioflexlaser.com](http://www.bioflexlaser.com)