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## **COLD LASER**

Cold Laser, is an evidence-based modality currently being used by medical practitioners to treat a number of conditions including: musculoskeletal and neurological conditions, mild to severe sprain/strains, nerve root pain, peripheral nerve pain, tarsal tunnel syndrome, plantar fasciitis, open wounds, pressure sores, skin conditions, nerve injuries, polyneuropathies, and the reduction of scar tissue. Studies show that when applied correctly, cold laser therapy can significantly reduce pain, healing time, and may increase function and tensile strength of damaged tissues.

It is important that you inform this office of any of the following contraindications **before treatment** begins:

- pregnant or breastfeeding
- light sensitive
- currently taking light-sensitizing medications (i.e., antibiotics, antidepressants, Retin-A, tetracycline, St. John's Wort, etc.)
- currently taking immunosuppressant drugs (drugs used after transplants)
- current diagnosis of cancer or melanoma
- steroid injection within the last seven days
- sunburn easily or develop sun rashes
- seizure disorder
- open growth plates
- medically implanted devices (pacemaker, insulin pump, neurostimulator device, etc.)

### **Risks Associated with Cold Laser Therapy**

Although extremely rare, risks include skin discoloration, burn injury, bruising, bleeding, and infection. Do not ice the areas where you have had cold laser as it is a vasoconstrictor and diminishes the results. Proper protective eyewear must be utilized, and there should not be direct irradiation of the eyes, as **the laser can cause permanent damage to the eyes.**