At Beyond Basics Physical Therapy, we now offer cold laser therapy, also known as low-level laser therapy (LLLT). LLLT can be used to increase local microcirculation, temporarily relieve minor muscle and joint aches, reduce pain and stiffness, relax muscles, decrease muscle spasms, break up scar adhesions, and increase lymph flow. LLLT is different from other forms of laser therapy that are used for cutting or cauterizing tissues. It uses power densities lower than those needed to heat tissue and uses low intensity wave lengths either in scanning or spot form.

Low-level laser therapy can also be used in combination with the conventional lymphedema treatments. Lymphedema is a chronic and progressive condition in which there is a swollen limb deformity, often accompanied by brawny edema. Patient reports of discomfort are common, with symptoms of heaviness, weakness, pain, restricted shoulder mobility, burning pains and elevated skin temperatures, deformity, social isolation, and psychological morbidity. Traditional treatment for this condition includes compression bandaging, manual lymphatic drainage, and limb elevation.

Recent studies have concluded benefits including limb volume reduction, improved subjective symptoms, and quality of life can be derived from either concentrated or scanning laser therapy. These results can be ongoing for possibly 3-6 months post-treatment, especially when cold laser is used in conjunction with the traditional treatment.

There have been reports of stimulation of fluid circulation, and stimulatory effects on lymphatic vessels. LLLT has also shown to have anti-inflammatory effects for better wound and tissue healing. Research suggests that LLLT increases the rate of lymph vessel pumping and promotes lymph vessel regeneration, reduces pain, and softens both fibrous tissue and surgical scarring. It is reported to have beneficial effects on cells and tissues. Hsieh et al performed a study in 2012, examining scars’ thickness, length, width, macroscopic aspect, pain threshold, pain perception, and itching. LLLT showed a tendency to decrease older scars’ thickness. The study revealed that intervention with LLLT appears to have a positive effect on the macroscopic scars’ appearance, and on old scars’ thickness, in the studied sample.

Low-level laser therapy has been shown to provide beneficial results and aid in reducing lymphedema and decrease pain. LLLT has been shown to modulate inflammation in various tissues and presents some advantages such as its non-invasive, non-pharmacologic nature and low incident of side effects. LLLT can, therefore, be used in conjunction with physical therapy in order to yield more significant results and aid in a faster rate of healing.

References:

Cold Laser Therapy:
What It Is and How It Can Help

By Roseanne Cruz Schoen PT, DPT, LLCC

Our website has a new look!
Go to www.beyondbasicsphysicaltherapy.com to check it out!

WE ARE IN ELLE MAGAZINE, Sept issue, pg 528-530:
“The good news for people who catch their PFD, however it manifests, early is that a physical therapist can, in many cases and often with just a few visits, can make their pain disappear.” Amy Stein, MPT, BCB, PMD

NEWSLETTER FALL 2013

Follow us on
SAVE THE DATE!! The Alliance for Pelvic Pain is coming to New York on March 8-9, 2014!

This retreat is created for female and male chronic pelvic pain patients with complex symptoms involving one or more of the following: Interstitial Cystitis (IC), Irritable Bowel Syndrome (IBS), pelvic floor dysfunction, vulvodynia, vestibulitis, pudendal neuralgia, endometriosis, and other pelvic and genital pain disorders.

During this weekend, attendees will learn techniques for home-use to help manage their (or their partner’s) pain and stress associated with their dysfunction, as well as how to communicate with other providers, family, and coworkers.

They will also be offering discounted 1 on 1 sessions!

Please go to www.allianceforpelvicpain.com for details

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