

Refined Commitment

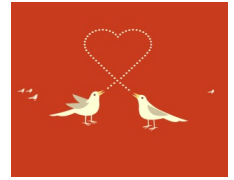


Commitment Physical Therapy

11741 Southwest Highway Palos Heights, IL 60463

Volume 2, Issue 3

February 2, 2009



NEW AT

COMMITMENT

We are extremely pleased to announce that we are currently working on a website for our practice.

At this time we are working on perfecting details of the design, content and most importantly working strenuously on making it fun and easy for you, our patients, physicians & friends to navigate through and find all the answers that you are looking for. We will keep you informed as the debut of our website approaches.

Our Location

Commitment Physical Therapy is located at 11741 Southwest Highway in Palos Heights.

Our Hours

We are open Monday thru Friday from 9:00am until 5:00pm.

For your convenience, we also offer extended and weekend hours by appointments only.

LOW - LEVEL LASER THERAPY

Low-Level Laser Therapy (LLLT)

Commitment Physical Therapy offers cold LASER Therapy which has been successfully used in Europe for the last 20 years to treat soft tissue injuries, post operative pain and swelling, back pain, herniated lumbar disc, spinal cord injuries, neck pain, arthritis, TMJ (temporal mandibular joint of jaw joint) pain, Tendonosis, plantar fasciitis (pain in tissues on the bottom of the foot), shoulder and elbow conditions, sports injuries as well as repetitive movement strains, sprains and strains of all types, overuse injuries and more.

What is Low Level LASER Therapy?

Cold LASER treatment was FDA approved for carpal tunnel syndrome in the spring of 2002 and now has been expanded to pain, muscle pain, sprains and strains. Cold LASER therapy is used to describe the use of low level laser energy, which is a non-invasive, drug

free treatment that helps reduce and eliminate pain. L.A.S.E.R. is the acronym for Light Amplification by Stimulated Emission of Radiation. The term "Cold LASER" is used to distinguish it from hot lasers, commonly used in surgery, hair removal, and tattoo removal. This therapy is also referred to as Low Level Laser Therapy (LLLT). Low-level LASER waves of the 640-890 nanometer wavelength has been effective at restoring cell balance (normalization) to the body's muscular and nerve network, lymphatic and circulatory systems. LASER therapy can be used any time a patient needs a non-invasive procedure for the control of pain, when conventional therapies have been ineffective, or when the acceleration of healing from injuries is desired.

How Does LASER Light Increase Healing?

Low level LASER light waves penetrate 4-5 cm, optimizing the therapeutic window for musculoskeletal

dysfunction. It is a scientific fact that LASER stimulates photo receptors resulting in positive cellular effects throughout the body, supplying vital oxygen and energy to every cell stimulated by LLLT. An example of how LLLT speeds up the repair process can be demonstrated with sudden injury or post operative recovery. After the trauma, swelling naturally occurs to protect the body segment. However, this swelling can decrease fluid exchange preventing the normal delivery of nutrition to the damaged area. Low-level LASER therapy targets the lymphatic system, maintaining the fluid balance in the body. With LLLT, swelling is reduced, allowing movement to return to the treated area, usually resulting in less pain and quicker return to normal activities.

Happy Valentines Day!

Well, Valentines Day is soon approaching. This day should not only be known as a day to love your spouse or your family members, but a day to also love ourselves. We can start by taking care of our bodies, and making sure that we visit our doctor and make sure that we are okay. Also, exercise and nutrition are very important. We must remember that if we are happy with ourselves and love ourselves, everybody around us will feel the positive attitude and they too will be happy, this causing a chain reaction of love and joy! So, on Feb 14th do love your sweetie and your children, family & friends, But most importantly yourself!!!



Continue: LOW - LEVEL LASER THERAPY

Is LASER Therapy Safe?

Cold LASER has been cleared by the FDA for the treatment of joint and muscle problems. It has successfully treated chronic and acute pain, wounds, sports injuries, and more.

Conditions Commonly Treated with LASER Therapy

1. Muscular Strains
2. Post Operative Pain and Swelling
3. Ligament and Joint Sprains
4. Arthritis
5. Rheumatoid Arthritis
6. Plantar Fasciitis
7. Carpal Tunnel Syndrome
8. Tendonosis/ Tendonitis
9. Rotator Cuff Dysfunction
10. Sciatica
11. Neck and Back Pain
12. Tennis and Golfers Elbow
13. Myofascial Pain

"The individual attention, pace of working from one exercise to the next. G.N - Palos Park, IL

"My goals were accomplished ahead of schedule. I was very satisfied with the entire experience. A.G- Palos Hills, IL

The Effects of Low Level LASER Therapy:

1. Increased cell metabolism
2. Reduced swelling
3. Reduced scar tissue formation
4. Stimulated nerve function
5. Collagen deposition
6. Improved blood flow
7. Cell regeneration
8. Increased tissue activity
9. Anti-inflammatory
10. Collagen deposition
11. Improved blood flow
12. Cell regeneration
13. Increased tissue activity
14. Anti-inflammatory

What to Expect During a LASER Therapy Treatment Session?

For most people, laser therapy is passive. Some patients report a slight tingling or rhythm along a nerve pathway. Some have noted a sense of warmth. For the most

part, the treatment, which may last from 10 to 15 minutes, is not noticed. Following (and even during) a laser therapy session, approximately 75% of patients being treated can notice an immediate improvement in their condition. This will depend primarily on the type of condition and the length of time the condition has been present. Generally, the more chronic or severe the condition, the longer it takes to respond. The majority of conditions treated will take anywhere from 5-15 treatments. Once again, the number of treatments depends upon the severity of the condition and its duration. There are some conditions that may never completely resolve but can be helped and maintained with LASER therapy. If your condition does not change immediately, it may take 3-4 sessions before a dramatic or marked change is perceived.

Patients' Comments



"Therapist & staff are excellent!" J.M - Chicago, IL

"What I liked most was the wonderful personality & acknowledgement when I did a good job" B.N - Oak Lawn, IL