

COLD LASER

Discover a new way to manage your pain



Soothes Knee Osteoarthritis

Cold Laser treatments led to **significant pain relief** that was evident from 1-3 months **after** the end of therapy. Significant improvements in **knee flexion and quality of life** were also seen after **Cold Laser** therapy.⁶



Clinically Proven for Neck Pain

Cold Laser reduces pain immediately after treatment in acute neck pain and **lasts up to 22 weeks after treatment** in patients with chronic neck pain.¹



Muscle Fatigue Recovery

Delayed Onset Muscle Soreness (DOMS) occurs after doing a new or unusual exercise. **Applying Cold Laser gave athletes significant relief and recovery from DOMS.**²



Ankle Sprain Swelling Relief

Cold Laser treatments have been used for over a decade on sports injuries. This study found **swelling from an ankle sprain reduced 44% more with Cold Laser** compared to just ice therapy.⁵



Prevents Oral Mucositis

Oral mucositis (OM) is a complication of chemoradiotherapy of the head and neck. Over 40% of patients suffer severe OM but those patients who had **Cold Laser before radiotherapy only 6% of suffered from severe OM.**³



Back & Leg Pain Responds

Patients who had **Cold Laser** on their low back and leg **gained the best results (56% improvement)** compared to those taking Anti-Inflammatory drugs (23% improvement).⁴

Speak to your Health Practitioner **TODAY**



Cold Laser Therapy is the most researched and published modality in physical rehabilitation

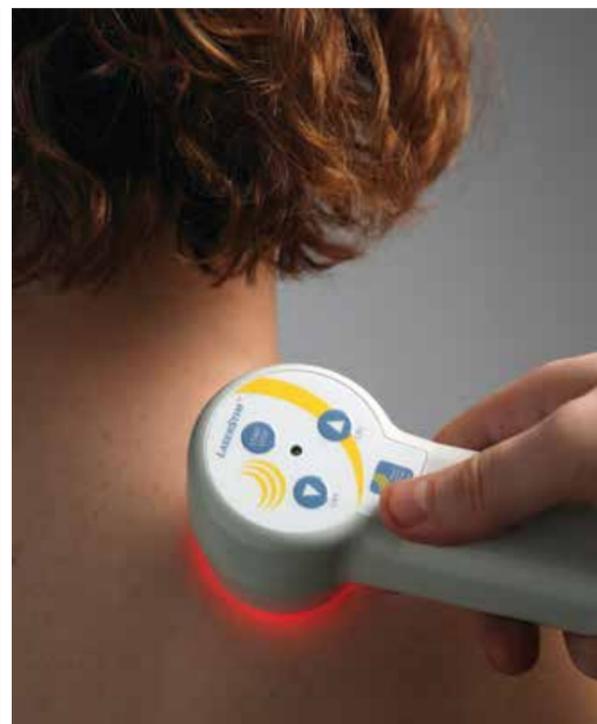


References on request.

COLD LASER

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Chronic & Acute Injuries	Nerve Regeneration
Neck and lower Back Pain	Fibromyalgia
Muscle Strains	Repetitive Stress Injuries
Tendonitis	Bone Healing
Radiculitis	Joint Sprains
Soft Tissue Injuries	Sciatica
Arthritis	Brachial neuralgia
Swelling/Edema	Pre/Post Surgery Rehabilitation



Changing the Way the World Treats Pain

Innovative **treatment** of pain and injuries

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Still using R.I.C.E?

Update to M.E.L.T.

“Coaches have used my “RICE” guideline for decades, but now it appears that both **Ice** and complete **Rest** may **delay healing**, instead of helping.”

- Gabe Mirkin, MD, March 2014. Author, Best seller 1978, The Sports Medicine Book



Mobilise

Immobilisation after an injury quickly leads to a loss of conditioning and degenerative changes. Mobilise with adjustments and apply MyO2 therapeutic gel (Anica & Horse Chestnut) to continue the inflammatory healing process and avoid NSAIDS which can lead to ligamentous instability.

Elevate

Elevation is a natural way of decreasing the swelling of an acute injury. However, the rate limiting factor or bottleneck in lymphatic drainage are the lymph nodes.

Laser & Lymphatics

Apply super pulsed cold laser ACTIV™ (pictured left) to lymph nodes proximal to the injured tissue to dilate and improve motoricity of lymphatic drainage. Lymphoedema patients had 17-40% less oedema with cold laser. Secondly, apply the ACTIV™ cold laser to the injured tissue for 3-5 minutes for stronger, more uniform and more flexible repair tissue.

Tape (Kinesio)

Apply a good kinesio tape. Stretching is good and Rocktape™ is made with 180% elasticity and a bias in its weave allowing a stretch in one direction and not the other. This creates a bio-mechanical 'lift' of the skin from the soft tissues underneath, allowing more blood to flow for optimum healing.

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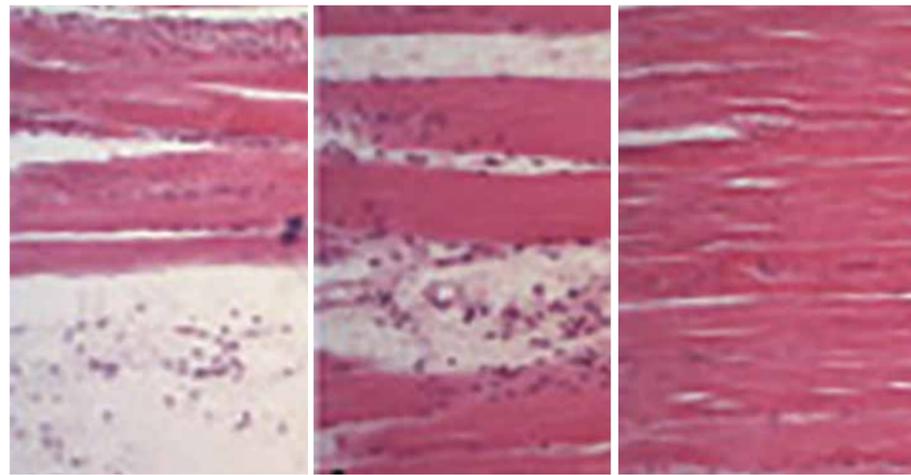
SUPER-PULSED COLD LASER

CLEARs

Inflammation



Still using ICE? Move to M.E.L.T.

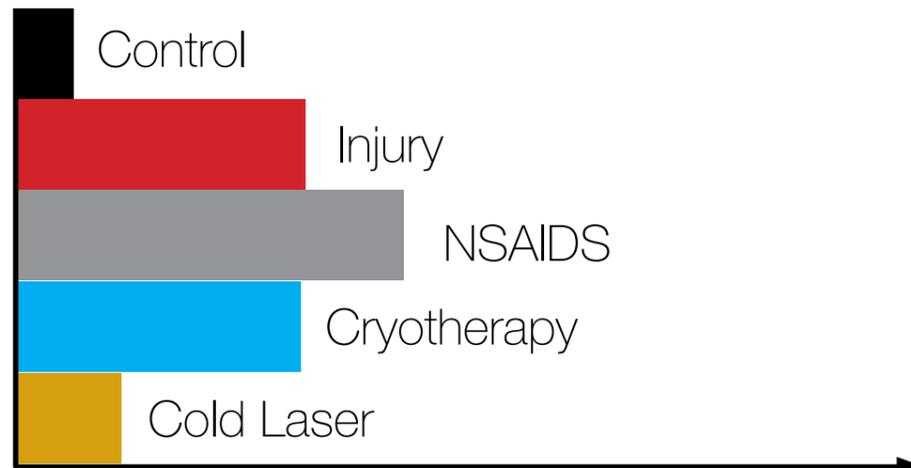


Rest Ice Laser

Researchers discover REST and ICE are poorer methods of protecting muscles from damage and that Cold Laser has remarkable anti-inflammatory protective effects.

Batista da Costa Santos et al, Lasers Med Sci May 2014

Inflammation Worse with NSAIDs

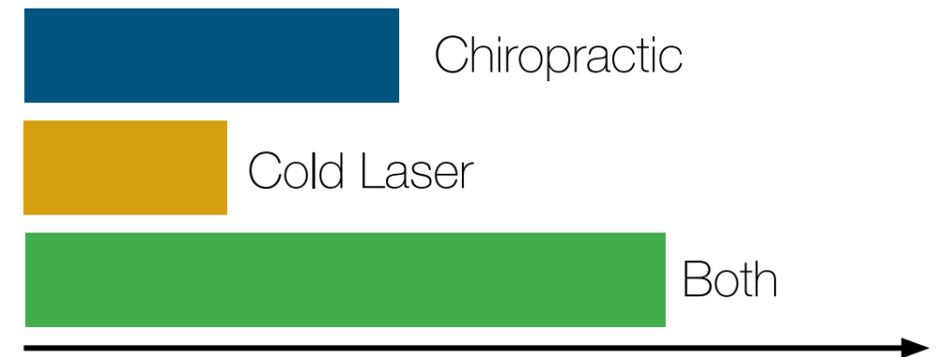


Inflammatory Mediator (Interleukin-1β)

If you want to control inflammation, a small dose of laser therapy is superior to **cryotherapy** and **nonsteroidal anti-inflammatories** according to new research without the harmful side-effects.

Almeida et al, Lasers Med Sci Mar 2014

Chiro & Cold Laser Works Best



Neck Pain Outcomes (% improvement)

Combining both doubled the outcomes!

Saayman L. et al, JMPT March 2011



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References on request.