

Cold Laser Therapy Patient Information

Supporting Healing, Recovery, and Pain Relief

What Is Cold Laser Therapy?

Cold Laser Therapy, also called Low Level Laser Therapy (LLLT), uses specific wavelengths of light to help stimulate the body's natural healing processes.

Unlike surgical or high-heat lasers, cold laser therapy is non-invasive, painless, and does not damage the skin. The light energy penetrates into tissues and helps support cellular repair, circulation, and recovery.

How Does It Work?

Cold laser therapy delivers light energy directly to the body's cells. The cells convert this light into usable energy, helping support:

- Tissue healing and repair
- Reduced inflammation
- Improved circulation
- Pain relief
- Muscle and nerve recovery

This process is often referred to as **biostimulation**, meaning it helps stimulate the body's natural healing response.

Common Conditions Cold Laser Therapy May Help With

Cold laser therapy is commonly used to support recovery from:

- Neck and back pain
- Tendonitis
- Sprains and strains
- Tennis elbow
- Plantar fasciitis
- Bursitis
- Arthritis and joint pain
- Muscle tension and injuries
- Nerve irritation or neuropathy
- Post-surgical recovery

Many patients use cold laser therapy alongside chiropractic care to help support healing and improve recovery time.

Benefits of Cold Laser Therapy

Patients often choose cold laser therapy because it is:

- Non-invasive
- Painless
- Drug-free
- Gentle and relaxing
- Safe with no known serious side effects when used properly

Cold laser therapy may help support:

- Faster healing
- Reduced inflammation and swelling
- Improved mobility
- Reduced muscle and joint discomfort
- Better circulation and tissue repair

What to Expect During Treatment

During treatment:

- A handheld laser device is placed over the affected area
- Sessions are typically quick and comfortable
- Most patients feel little to no sensation during treatment

There is no downtime or recovery period, and many patients are able to return to normal activities immediately afterward.

Why Consistency Matters

Healing and tissue repair occur over time. While some patients notice improvement quickly, many conditions respond best with a series of treatments.

Consistent care helps support the body's healing process and may improve long-term results.

Our Goal

Our goal is to help your body heal, recover, and function at its best.

Cold laser therapy is one of the many integrative tools we use to support recovery, reduce inflammation, and promote long-term wellness.

Our promise to you is that we will do everything in our power to earn your trust and exceed all of your expectations. If you have any specific questions or feedback, please don't hesitate to ask!

The Team at Thompson Chiropractic Clinic

Text or Call to Schedule: 763-972-3447
Book Online: www.thompsonchiroclinic.com