



Your Natural Wellness Clinic

Laser Spine and Sport

www.LaserSpineandSport.com

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Advanced Healing Laser Therapy Program

21st Century Pain Relief at the Speed of Light

Accelerates Healing & Relieves Pain Fast

Healing Your Pain, Changing Your Life

At *Laser Spine and Sport*, we have invested in the latest cutting edge 21st Century Technologies, combined with years of clinical experience; we can provide you with the most advance therapies to help actually your body heal, Quickly, Safely, Naturally.

Our Program has highly significant success rate (75-90%) in relieving most types of Pain because our Advanced Healing Laser Therapy Program targets the source of pain and actually repairs damaged cells, accelerates healing of the cells, reduces inflammation and pain, rather than only treating the symptoms.

All done safely with No Side Effects, No Drugs!

What to Expect with our Healing Therapy Program

Your first visit will consist of:

- Regional Evaluation by our Doctor or medical staff
- Your Treatment plan will be personalized based on length and severity of condition
Treatment Plan is based on medical necessity may be a combination of the following:
Healing Laser & LED Therapy, Various Myofascial Release Methods, Whole Body Vibration Therapy, Joint Mobilization / Manipulation, Custom Molded or Semi-Custom Foot Orthotics, Specific Nutritional Supplement Recommendations and Dietary restrictions.
- Treatments administered by our Doctor or Certified Laser Therapist.



Our Healing Therapy Approach Actually Accelerates Healing of Injured Tissues, rather than masking the symptoms with medications. These therapies stimulate nerves which signal increased cellular functions to produce vital chemicals necessary for damaged tissues heal on their own, without interference from pharmaceuticals. The Body Heals from Inside out. Our program enhances the natural biological repair process without outside interference.

High Power Laser Therapy High power Laser therapy is the state-of-the-art and highly effective method of treating chronic or acute pain and other neuropathies by actually accelerating the cells natural healing process in areas of the body previously only visited by drugs or surgery. Cells that are damaged and poorly oxygenated as a result of inflammation, swelling or trauma have been shown to have a significantly higher response to laser therapy irradiation than normal healthy cells. At a cellular level there are photoreceptors, that when stimulated by deep penetrating photons, activate a biochemical cascade of events resulting in increased DNA/RNA synthesis, increased cAMP levels, protein and collagen synthesis and cellular proliferation. The product of these reactions is rapid regeneration, normalization and healing of damaged cellular tissue. Photonic stimulation is the trigger for these metabolic changes. During each session, the Class IV Laser's energy increases circulation, drawing water, oxygen and nutrients to a painful and damaged area.



LED Light Therapy We use a state-of-the-art pulsed LED light therapy systems. Flexible neoprene pads are placed on the skin over an area of pain, injury, or where support and increased circulation are needed. Therapy pads contain brilliant red, blue and near infrared LED's that penetrate deeply into tissues for rejuvenation. Resulting increases in circulation allow more energy and nutrient rich blood to reach challenged areas and promote wellness and pain reduction. The LED light system is a photo-modulated (pulsed, light emitting diodes) device also known as low-level light therapy (LLLT). The infrared and visible red are the heart of the LED therapy system, providing gentle but powerful non-coherent light. This system uses a carefully timed sequence of settings, known as pulses, to create an environment in which change may occur within the cells more rapidly.



Myofascial Release Techniques (MRT) We use a variety of methods to address the soft tissue component of pain or an injury. Active Release Technique (ART), Myofascial Release Techniques (MRT), Instrument Assisted Release Technique (IART), Groston Technique are all methods used to treat injuries of the muscles, ligaments, tendons, nerves and fascia, otherwise known as “soft tissue injuries.” We offer manual ART, MRT, as well as IART with the use of motorized G-5 DeepTissue massager, Rapid Release Technology instrument, and the IMPAC Percussor instrument. MRT addresses tissues and structures that have been overused or over-stressed. This can happen from repetitive movements, holding a position for a long period of time or acute injuries (such as a muscle pull or tear). Your body’s natural response to these types of injuries is to produce tough, fibrous scar tissue which restricts the proper movement and elasticity of the tissues. Over time, this scar tissue builds up in the affected soft tissues, reducing blood circulation and causing the muscles to become tight and weak. Your joint motion also becomes altered and nerves may get pinched or trapped. This leads to symptoms such as pain, reduced range of motion and loss of strength. When nerves are involved, you may also experience numbness and/or tingling. MRT treatments increase blood circulation to injured muscles, tendons, ligaments, nerves and fascia. This increased blood flow will help open the channels for the healing cells to access the injured tissues, break up the scar tissue, reduce inflammation and pain, and allow your body to heal those areas naturally.



Joint Manipulation / Mobilization All of the joints in the human body are lined with tiny pressure-sensitive sensors called mechanoreceptors. If the joints are not in proper alignment, the mechanoreceptors will be compressed and subsequently send stimulating nerve impulses to the brain. Your brain depends on this nerve stimulation (feedback) from the joints of the body for its health and wellbeing and to assure optimal neurological function. Reciprocally, there are nerve impulses that are sent back to the actual joint from the brain to stimulate the local muscles. This reflex actually helps to stabilize and strengthen the joint and slow down the progression of arthritis. Chiropractors locate the joints that are “restricted, locked up” or out of proper mechanical alignment. Then using our hands and/or specialized instruments to perform an adjustment of that joint, or manipulation, Doctors of Chiropractic restore proper motion through a gentle impulse placed on the joint. The manipulation or adjustment usually produces a feeling of euphoria and wellbeing as the brain, nervous system and joints are stimulated and the joint, surrounding muscle and ligaments relax, improving / restoring better function.



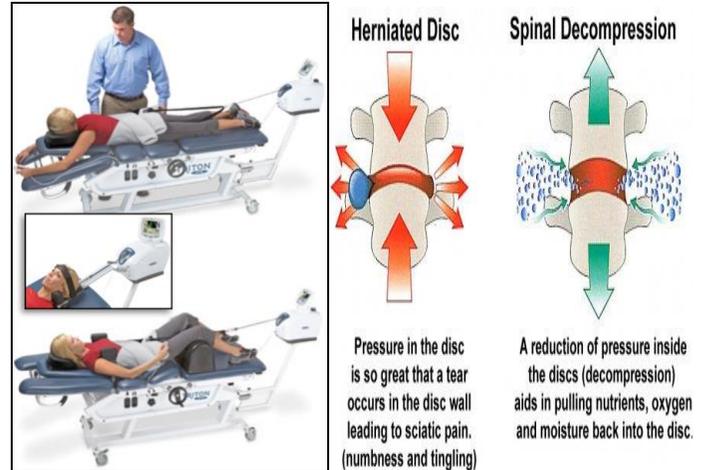
Natural Nutritional Pain Control In an effort to reduce your pain and inflammation naturally, and enhance healing and speed recovery during your program, we offer several professionally formulated, natural products which are very safe and effective. When human tissues are injured, it is the individual cells which are damaged. Complete healing on the cellular level requires very specific nutrients. Nutritional deficiencies will slow, delay and even prohibit proper and complete tissue healing. Therefore, In order to get the most out of your treatment program, it is also important to provide your body with vital nutritional support for the cellular repair which we are try to stimulate with the various therapies we provide. To get the best result, ask us which product is best for your condition. *Drugs do not accomplish this and should only be used for extreme pain/inflammation.



Whole Body Vibration Therapy (WBV) WBV transfers vibrational energy to the entire body. These vibrations results in rapid and intense muscle fiber contractions 30-50 times per second. WBV has been shown to increase bone density and muscle strength, increase in flexibility and range of motion. The quick contractions of muscle fiber not only created flexibility, but also increase tissue repair and growth, it has also been shown to burned fat, increased cellular metabolism, improved blood and lymph circulation, improved cellular oxygen and nutrient delivery which slows the degenerative/ageing process all while accelerating healing.



Spinal Decompression Spinal Decompression Therapy is a modern, high tech, non-surgical, spinal decompression traction procedure that will apply distraction and decompression to the spine without producing reflex spinal muscle contractions designed to treat a variety of mild to severe low back pain, neck pain, disc injuries as well as radiating leg or arm pain. It works by reducing downward pressure on the spinal discs to relieve pressure off the nerves. It actually helps re-educate muscles, ligaments, and tendons, creating a healthier disc environment. Spinal Discs are under constant downward pressure from body weight, gravity and normal daily activities. Due to injuries, posture, age, joint misalignment and repetitive stress, the disc material weakens. This is a slow gentle process allowing the discs, muscles and tendons to respond to the treatment. Safe, gentle, effective alternative to chronic pain, injections or surgery.



Concentrated Oxygen Therapy Your brain and nervous system need two things to survive: fuel and activation. Fuel comes in the form of glucose and oxygen. You get the glucose from the food you eat BUT as you age, your ability to utilize oxygen decreases. We are giving you oxygen to help you heal faster. Damaged cells require more energy and oxygen to heal. We want to get you better as fast as possible so we may provide therapeutic concentrated oxygen to assist your body in the healing process. The normal air in the room contains about 21 percent oxygen, and our O2 concentrator then concentrates the air to 90 to 95 percent oxygen, providing oxygen at a continuous rate of flow. This means you receive over 450 percent more concentrated oxygen than what you typically breathe. Oxygenation of tissues is vital for tissue healing and pain reduction.

For more detailed description of each of these therapies, please call our office to schedule a Free Consultation or visit our website:

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** These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease.*