

# Laser Therapy

A laser is essentially a focussed beam of light used to transmit high energy light into tissues.

Laser therapy can be used alongside traditional physiotherapeutic techniques like manual therapy and exercise. Advancements in technology have made delivering the treatment quick, efficient, and safe. In general terms your physiotherapist might recommend laser treatment for chronic pain issues and for wound healing, both of which are areas in which the technique's efficacy has been proven.

Low Level Laser Therapy, typically called cold laser or LLLT is a very good tool to aid tissue repair.

Low level cold laser is pain free and penetrates into the muscles, tendons, and ligaments of the body. Once the treatment site is targeted the laser light stimulates the mitochondria of the cell (cell body) within muscles, tendons or ligaments causing them duplicate accelerating the cell division and increasing healing