



- Stroke
- Acne vulgaris
- Tinnitus
- Herpes simplex
- Oral mucositis
- Temporomandibular dysfunction
- Chronic neck pain
- Myofascial pain syndrome
- Shoulder pain
- Lymphedema
- Epicondylitis
- Carpal tunnel syndrome
- Chronic back pain
- Bed sores
- Arthritis
- Sports injuries
- Leg ulcers
- Achilles tendinitis
- Ankle sprains

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Laser Therapy

Frequently Asked Questions



Controlled, randomized, double-blind studies have shown that Laser Therapy is an effective treatment modality for a wide range of indications (see examples above).

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The common questions

What is Laser Therapy?

Laser Therapy is a non-invasive, safe, and effective treatment modality where laser light is used to relieve pain, reduce inflammation, and promote wound healing and soft tissue repair.

How is Laser Therapy administered?

The practical treatment is very simple: the laser probe is held in contact with the skin, or at a small distance, until the desired energy dose has been delivered. The cover of this brochure illustrates an example of Laser Therapy treatment.

What can be treated?

Laser Therapy has been shown to relieve pain, reduce inflammation, and promote tissue repair, which means that a large number of indications can be treated. On the opposite page you will find some examples of indications that can be effectively treated with correctly administered Laser Therapy.

Is it effective?

Most people respond well to Laser Therapy. However, no treatment works for everyone, and approximately one in ten will not respond to Laser Therapy, or have such a limited response that it can be established that it is not the right method for this person.

The important questions

Is it safe?

Essentially, yes. Laser Therapy does not cause or exacerbate cancer, and it can not harm the body's vital organs. Artificial implants, metal, or pacemakers are not affected by Laser Therapy. However, as with any other treatment modality, Laser Therapy should only be administered by a well trained practitioner.

Are there any side effects?

When a chronic or long lasting problem is treated, a pain reaction may occur 6-24 hours after a treatment session. This is usually positive and means that the chronic situation is changing into a more acute phase, which indicates that a healing process has started. This pain usually lasts for a day and is not an injury caused by the treatment.

Will it interfere with my medications?

No, Laser Therapy does not interfere with your medications. However, your medications may interfere with the Laser Therapy treatment. It has been shown that steroid medication, such as corticosteroid injections, reduces the positive effects of Laser Therapy.

It is therefore very important that you inform your Laser Therapy practitioner if you are being treated with steroid-based medications.

A few other questions

How does Laser Therapy work?

When laser light is applied directly to tissue, the light is absorbed by natural receptor molecules in our cells. In technical terms, photoreduction of Cytochrome c Oxidase (a key enzyme in the mitochondrial respiratory chain) takes place, which increases the cell's ability to produce ATP (our body's "energy currency"). In other words, Laser Therapy "energizes" the cells, and thus stimulates the body's own healing ability.

Is it supported by science?

Yes, Laser Therapy is scientifically very well documented. More than 3000 scientific studies have been published in peer-reviewed scientific journals, out of which more than 100 are double-blind trials.

Is this a new technology?

No, Laser Therapy has been used throughout the world for more than 40 years.

What is Irradia Education?

The mission of Irradia Education is to provide advanced science-based education to professionals in the field of Laser Therapy and to promote the use of Laser Therapy in North America. Ask your practitioner to find out more about Irradia Education.