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Cold Laser Therapy Offers Carpal Tunnel Relief

Low-Level Laser Therapy (LLLT) System Available at Local Chiropractor's Office

August 3, 2007 (Fairview, N.J.)—For many people living with painful carpal tunnel syndrome symptoms, cold laser therapy provides exceptional relief. Patients in Northern New Jersey can access this ground-breaking treatment at the Advanced Physical Medicine Center in Fairview.

Cold laser therapy, also known as low-level laser therapy (LLLT) is instrumental in treating carpal tunnel syndrome along with soft tissue injuries, cervical neck pain, repetitive stress injuries, tendonitis, hamstring injuries, arthritis, and wound healing. For carpal tunnel syndrome especially, the treatment helps to alleviate pain associated with repetitive motion in hands and wrists.

Cold laser therapy speeds up the healing process after injury to the wrists and hands. The normal reaction to acute soft tissue trauma is to splint the injury with edema, an accumulation of watery fluid in tissue spaces or cell interstices, which causes swelling. This same swelling prevents excessive movement to the tissue and causes pain, in addition to the soreness from the initial injury. The infrared laser light targets the lymphatic system, which maintains fluid balance in the body, and boosts reabsorption of the edema. This therapy reduces swelling and enhances movement capabilities, thus reducing pain as well.

The laser is a hand-held flashlight-like device that directs a beam of narrow-spectrum light at injured tissue beneath the skin. The treatment lasts about 15 minutes and is done three times per week for six weeks. Dr. Michael Arber of the Advanced Physical Medicine Center uses it in conjunction with physical therapy to achieve maximum results.

“Our treatment is the most effective because we combine the cold laser technology along with cutting-edge physical therapy techniques to achieve relief from chronic pain,” says Dr. Arber.

Cold laser therapy was accepted by the Food and Drug Administration (FDA) in 2002 and is used by athletic trainers, chiropractors and practitioners of alternative medicine.

The Advanced Physical Medicine Center specializes in chiropractic care, physical therapy, pain management and massage therapy. Located in Fairview, N.J., the facility has numerous certified professionals including chiropractors Michael Arber, BS, DC, DAAPM, and David Berk, BS, DC, MS, CCSP. To contact the office, call 201-945-1156 or visit www.advancedphysicalmedicinecenter.com.

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