

# Greenwich Acupuncture Clinic, LLC

## Cold Laser Therapy Information

Cold laser therapy is a relatively new technology compared to many alternative therapies like acupuncture (which has been used since 8000-3500 B.C.), chiropractic (since 1895) and physical therapy. The first cold laser was FDA cleared in 2001. Cold lasers are sometimes called Low Level Lasers (LLL) or soft lasers. Cold lasers are termed "cold" to distinguish them from traditional lasers which are "hot" and add heat. "Cold" lasers, however, do not create any temperature changes.

In general, cold lasers can be used in 2 distinct ways:

1. Targeting acupuncture trigger points (similar to acupuncture but without the needles)
2. Broad coverage of tissue and bone with IR or Red light photons to reduce pain and stimulate healing

Cold Laser therapy is non-invasive and therefore offers an "acupuncture" option for anyone needle phobic. It provides non-addictive pain management and is suitable for those tapering from opioids, addressing both pain associated with withdrawal and the original pain for which opioids were initially prescribed.\*

Cold lasers are FDA cleared and widely use for treatment of:

Acute and chronic pain  
Ligament sprains  
Muscle strain  
Soft tissue injuries  
Tendonitis  
Arthritis  
Sciatica  
Back pain  
Bursitis  
Carpal Tunnel Syndrome  
Fibromyalgia



**The ML 830 is the cold laser used by the Greenwich Acupuncture Clinic**

### Benefit of Cold Lasers:

Easy to apply  
Extremely safe  
Non-Toxic  
Non-Invasive  
No side effects or pain  
Cost effective  
Highly effective in treating ailments (more than 90% efficacy)  
Superior alternative to analgesics, NSAID's and other medications  
Reduces the need for surgery  
Works synergistically with other modalities like Chiropractic, Acupuncture, and Physical Therapy

### General Therapeutic Laser Biological Effects:

**Increased Cell Growth:** Acceleration of cellular reproduction and growth

**Increased Metabolic Activity:** Initiation of a higher output of specific enzymes, greater oxygen and food particle loads for blood cells and thus greater production of the basic food source for cells, Adenosine Tri-Phosphate (ATP)

**Faster Wound Healing:** Stimulation of fibroblast development and accelerated collagen synthesis in damaged tissue

**Anti-Inflammatory Action:** Reduced swelling caused by bruising/inflammation of joints resulting in enhanced joint mobility

**Increased Vascular Activity:** Temporary vasodilation that increases blood flow to affected areas

**Reduced Fibrous Tissue Formation:** Reduced formation of scar tissue following tissue damage

**Stimulated Nerve Function:** Increased speed of nerve cell reconnection bringing numb areas back to life

**Pain Reduction:** Treatment specifically designed to reduce pain