



Soothes Knee Osteoarthritis
Laser therapy treatments led to **significant pain relief** that was evident from 1-3 months **after** the end of therapy. Significant improvements in **knee flexion and quality of life** were also seen after Laser therapy.⁶



Clinically Proven for Neck Pain
Laser therapy reduces pain immediately after treatment in acute neck pain and **lasts up to 22 weeks after treatment** in patients with chronic neck pain.¹



Muscle Fatigue Recovery
Delayed Onset Muscle Soreness (DOMS) occurs after doing a new or unusual exercise. Applying Laser therapy gave **athletes significant relief and recovery from muscular aches and pains**.²

LASER THERAPY RESEARCH



Ankle Sprain Swelling Relief
Laser therapy treatments have been used for over a decade on sports injuries. This study found **swelling from an ankle sprain reduced 44% more with** Laser therapy compared to just ice therapy.⁵



Prevents Oral Mucositis
Oral mucositis (OM) is a complication of chemoradiotherapy of the head and neck. Over 40% of patients suffered severe OM but those patients who had Laser **before radiotherapy, only 6% of** suffered from severe OM.³

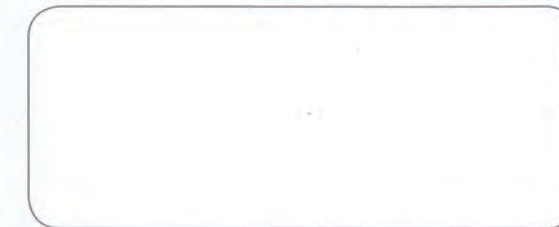


Back & Leg Pain Responds
Patients who had Laser therapy on their low back and leg **gained the best results (56% improvement)** compared to those taking Anti-Inflammatory drugs (23% improvement).⁴

Today there are over 5,500 studies listed on PubMed which includes over 300 clinical trials plus a new study is added almost everyday.

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16. Enwemeka C, Reddy G. The biological effects of laser therapy and other physical modalities on connective tissue repair processes. *Laser Ther* 2000;12:22-30.

 **Multi Radiance Medical**
Laser Longevity
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Multi Radiance cold laser units are registered by the Therapeutic Goods Administration (TGA). The Australian Register of the TGA (ARTG) ID number is 212916 for the purpose of muscular and skeletal conditions and pain management in general.

Super Pulsed Laser Therapy

Targeted Relief & Repair
Promotes faster healing for a full recovery



Low-Level Laser therapy reduced pain for up to six months **after** the completion of a treatment program in patients with chronic neck pain.¹ The Lancet Medical Journal 2009

The Secret to a Full Recovery.

You've probably noticed that when you injure yourself whether it be at sport, work or in the garden, the sharp pain soon eases off and you're left with a constant dull ache.



What is laser therapy? When Low Level Laser Therapy (LLLT) is placed over the skin of injured or sick cells in the body, photon energy is absorbed. This action stimulates the damaged cells to increase their energy production which is used to transform the damaged cells back to healthy active cells.



What results can I expect from laser?

Many people experience significant relief after only 4-6 treatments. Depending on the severity of the injury, complete tissue repair can take up to 12-15 visits.

What conditions can laser therapy help?

There is a high level of evidence showing LLLT is effective for common injuries such as neck, back and knee pain, muscle spasms and trigger points. Anywhere in the body that is 'stuck' in a chronic inflammation cycle can be helped with laser therapy.

Are there any possible side-effects?

Some people do feel a slight tingling over the area being treated. **If you have had a condition for more than twelve months**, you may experience a temporary increase in your symptoms including tiredness, stiffness, mild headache or nausea.

Is Low-Level Laser therapy safe?

Yes. Low-Level Laser Therapy (LLLT) was discovered in 1967 and has been used for over 50 years with no documented serious adverse effects.⁸

The natural tissue repair process is to blame.

The injured muscles are replaced with scar tissue. As this repair tissue develops and if left untreated, the fibrotic scar **nodules become harder**, causing more damage by *choking-off* the nerve receptors, blood and lymphatic vessels.

Reconnecting the Brain to the Body

Long-term interference of the constant communication between the brain and the injured muscles and nerve receptors leads to a 'wasting' of the brain. Researchers recently discovered patients with chronic back pain had 5-11% less of their brain's gray matter—that's the equivalent of **10-20 years of natural brain ageing!**⁷

Laser therapy targets this scar tissue and trigger points to *'soften'* these fibrotic nodules. This helps restore local blood circulation and allowing the injured **nerves to reconnect** to the brain for a complete recovery.

Is it the end of the ICE Age?

"Coaches have used my "RICE" guideline for decades, but now it appears that both **Ice** and complete **Rest** may **delay healing, instead of helping.**" Dr Gabe Mirkin, MD, March 2014.

When Dr Mirkin wrote his best selling 'bible' for injured athletes, The Sports Medicine Book in 1978, he coined the term **R.I.C.E.**, an acronym for Rest, Ice, Compression and Elevation.

Today the evidence is clear he says, "Applying ice to injured tissue causes blood vessels near the injury to constrict and shut off the blood flow that brings in the healing cells of inflammation. The blood vessels do not open again for many hours after ice was applied."

This decreased blood flow from ice therapy can cause the tissue to die and can even cause permanent nerve damage.

M.E.L.T Injuries Away

Today's evidence-based approach to the healing muscles and ligaments for long term strength and flexibility is Movement, Elevation, Laser and Taping (M.E.L.T).

For the best recovery, keep moving as much as possible, elevate the limb for lymphatic drainage, apply laser therapy (see below) and tape the injured area for stability.



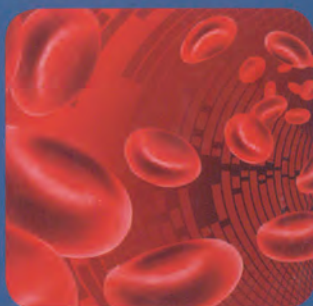
*Muscle repair after rest. *Muscle repair after Ice. ✓Muscle repair after LLLT.

*Batista da Costa Santos. Lasers Med Sci 2014

This new research discovered Low-Level Laser Therapy (LLLT) was better for muscle repair than Rest or Ice. The LLLT therapy group did not present with swelling or muscle tissue death.

Laser Boosts Oxygen Levels.

Sick or injured cells demand more oxygen to get healthy again. Applying laser therapy over blood vessels has been shown to release **more oxygen to damaged tissues**¹⁰.



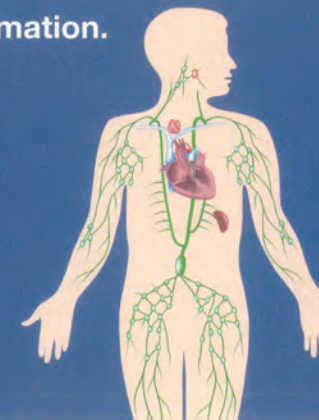
Laser Activates Natural Pain Relievers.

Laser therapy can stimulate parts of the brain¹¹ to produce its **natural pain relievers** (endorphins)¹² and may 'tone down' the stress response and activate the relaxation effect.¹³



Laser Drains Inflammation.

When muscles and ligaments are injured, inflammatory chemicals cause swelling and pain. Laser therapy opens your body's **drainage—lymphatic system**—to move inflammation out and back into circulation.^{14,15}



Laser Speeds the Healing Response.

Laser therapy reduces the formation of scar tissue and adhesions during the healing phase. This means stronger repair tissue, a faster recovery and the prevention of a **re-injury**.¹⁶

