

Center adopts cold-laser technology as drug-free pain relief and healing aid

With recent concerns about the safety of prescription pain medications, many people are looking for serious therapeutic alternatives. Relief from pain, the reduction of inflammation and faster healing are topics that interest patients as much as they do health-care and wellness providers. The latest weapon against pain that is also an accelerated healer of soft-tissue injuries works on a principle similar to a laser pointer. The FDA now approves the healing power of light.

This remarkable technology goes by several names - light therapy or phototherapy, "cold laser" or "soft laser" therapy - and is a revolutionary technology for the treatment of soft-tissue injuries, pain and inflammatory conditions.

The North American Association of Laser Therapy defines it as "photobiomodulation, a therapeutic physical modality that uses photons from the visible and infrared spectrum for tissue healing and pain reduction."

Only recently cleared by the



Michael Lagana, D.C.

FDA for use in the United States for the treatment of pain and stiffness associated with arthritis, this therapy is particularly important and timely in light of recent published concerns regarding the safety of traditionally prescribed arthritis pain medications.

Backsmart Wellness Center

P.A., of Edison, is a health-care organization that has recently "seen the light" by adopting the use of cold laser equipment. Backsmart Wellness Center specializes in physical therapy, chiropractic massage therapy, acupuncture and nutrition counseling.

Its founder and director, Michael Lagana, D.C. says, "Light therapy has been used extensively throughout the world for more than 20 years and is backed by extensive research with more than 500 published studies covering a wide range of conditions. It has been proven effective in the treatment of carpal tunnel syndrome, epicondylitis, fibromyalgia, osteoarthritis, rheumatoid arthritis and other problems.

"From simple sore muscles and minor sports injuries to severe and chronic tendonopathies to arthritis, light therapy can bring remarkable relief. This technology is making an enormous difference in the well-being of patients."

Researchers have found that

low-level light can have a favorable effect on bursitis, tendonitis, sprains, strains and chronic inflammation. They also have found that it promotes faster wound healing and appreciable reductions in pain.

The light-therapy equipment is a small, high-tech device that looks like the first cousin of the more familiar sonogram machine. It's easy on the patient, completely safe, painless and quick. Effective dosing can be as brief as 30 seconds with dramatic results.

Lagana states, "Often, we can obtain a degree of pain relief on the first visit. Even though evaluation and treatment planning consume some time during an initial visit, there's always time for light therapy on a routine visit because it can be adminis-

tered so swiftly and gives relief very quickly. The patient goes home feeling an immediate improvement."

Backsmart Wellness Center, P.A., is a comprehensive facility providing care, service and education in physical therapy, chiropractic care, acupuncture therapy and nutritional counseling by a registered dietitian. Chiropractic physicians supervise massage therapy, cold-laser therapy, dry hydrotherapy, decompression therapy of disc-related disorders and injury prevention education. Home wellness products are also available.

Backsmart Wellness Center, P.A., is located at 760 Amboy Ave. Call (732) 661-1121 or visit the Web site: edisonpainrelief.com.