

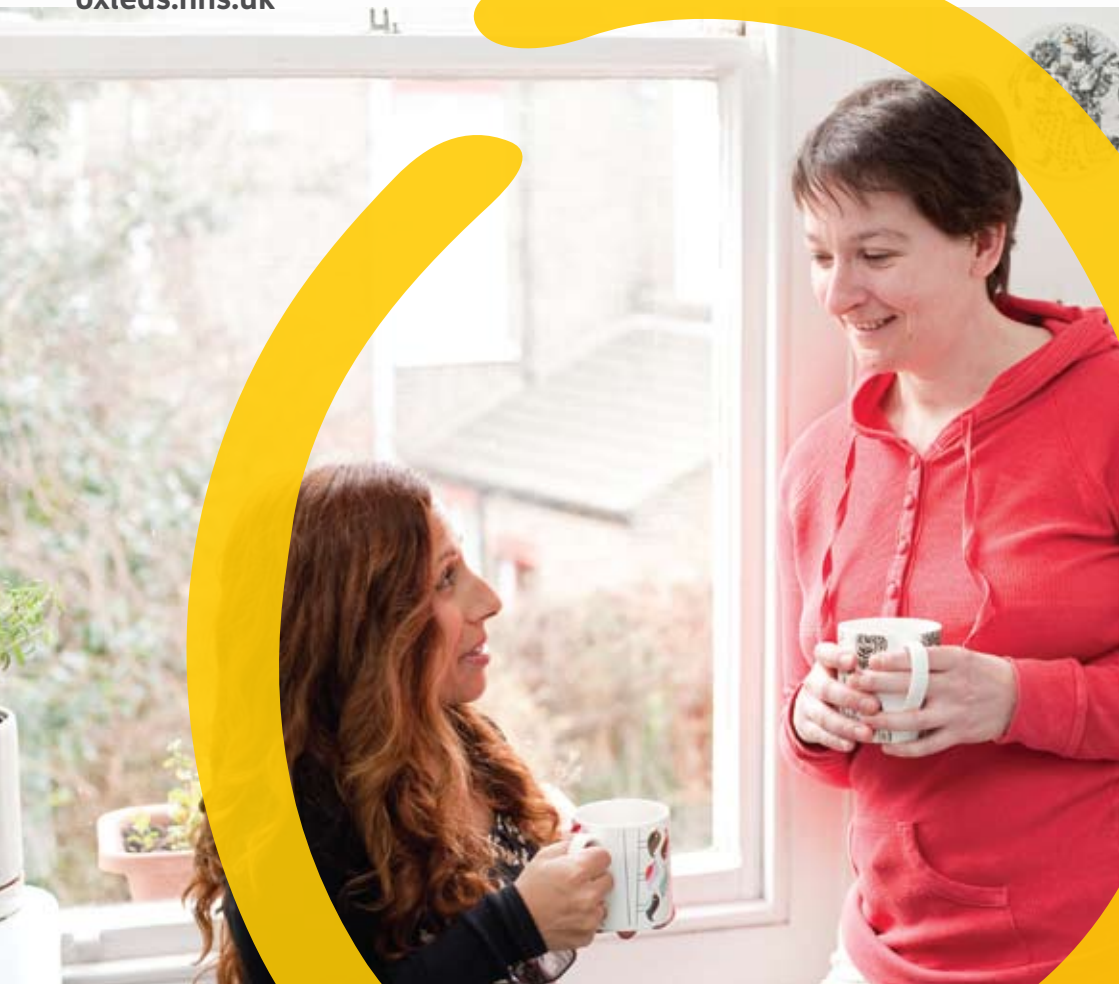


Low level laser therapy (LLLT)

Adult Musculoskeletal Service

Improving lives

oxleas.nhs.uk



Your health care professional (physiotherapist or podiatrist) has recommended laser therapy for you on a weekly basis. You may need two or three treatments a week initially.

What is laser therapy?

LASER stands for light amplification by the stimulated emission of radiation. Low level laser therapy (LLLT) is designed to help the body's own repair processes in cases of chronic and long term conditions.

Low level laser therapy aims to heal through increasing and improving the healing function, resulting in:

- faster healing of damage
- increase in tensile strength of repaired tissue
- stimulation of the immune system
- pain relief.

The therapy has other specific advantages, in that it:

- is pain-free
- is non-invasive
- does not damage living tissue

- is free of unpleasant side effects

What conditions may be treated?

Both chronic (long-term) and acute (recent) conditions may be treated. LLLT may be considered for conditions including:

- Achilles tendonitis
- foot pain (especially heel or forefoot)
- inflammatory conditions (eg tendonitis, bursitis)
- sprains and strains.

LLLT is not suitable for you if you are:

- pregnant
- suffering from cancer (unless permission is obtained from your consultant)
- undergoing therapy to suppress the immune system.

Are there any side effects?

- As the body stimulates the recovery process, there may be an inflammatory response with warmth, redness, pain or a slight swelling to the area.
- There may be an initial anaesthetic (pain-killing) effect. Be sure not to overuse your leg or foot at this time.

Contact the Adult Musculoskeletal Service:

Manor Brook Medical Centre
117 Brook Lane
Blackheath
SE3 0EN

T: 020 8331 3250

F: 020 8319 8560

If you have any concerns or queries, please speak to your podiatrist or physiotherapist.

June 2013

oxleas.nhs.uk

Oxleas 
NHS Foundation Trust