

Low Level Laser Technology (LLLT)

- **What is LLLT?**

LLLT (or Photobiomodulation Therapy) is a laser or LED light therapy that improves tissue repair (skin wounds, muscle, tendon, bone, nerves, etc.), reduces inflammation and reduces pain wherever

the beam is applied. Usually applied by a doctor, therapist or technician, treatments typically take 5-45 minutes and should be applied one or more times a week.



- **How it works?**

LLLT works predominately on a protein in mitochondria (the powerhouse of the human cell) to increase ATP (source of energy in a cell) and reduce oxidative stress. This allows the body greater chance of healing, reduction of inflammation and swelling, and pain relief.

Conditions researched and treated with LLLT:

- Acute or Chronic Traumatic Brain Injury
- Post-Traumatic Stress Disorder
- Occipital Neuralgia
- Meniscal tear / strain (knee)
- Whiplash associated Disorder
- Tarsal tunnel syndrome
- Amputation Pain – lower extremity
- Gout
- Neuropathy diabetic (lower extremity)
- Sprains
- Plantar fasciitis
- Sciatica
- Chemotherapy Induced Peripheral Neuropathy of Upper and Lower Extremity
- Hearing loss
- Allergic Rhinitis
- Brachial Plexopathy
- Fractures
- Post stroke recovery (acute)
- Alopecia hair loss
- Diabetic Retinopathy
- Tinnitus
- Headaches (cluster, migraine, tension, etc.)
- Trigeminal Neuralgia
- Complex Regional Pain Syndrome (leg)
- Burn / scald
- Plantar warts – verruca
- Morton’s neuroma
- Phantom Limb Pain – lower extremity
- Achilles tendonitis
- Diabetic ulcer (lower leg)
- Lymphoedema (lower leg / ankle)
- Xerostomia and Hyposalivation
- Thoracic Outlet Syndrome
- Cubital Tunnel Syndrome
- Osteoarthritis

- Medial Epicondylitis / Golfers Elbow
- Post breast cancer surgery lymphoedema
- Prostatitis
- Osgood Schlatter's Disease
- Chronic Fatigue Syndrome / ME
- Rheumatoid Arthritis
- Polymyalgia Rheumatica
- Shingles / Post Herpetic Neuralgia
- Cervical Spondylosis
- C Section Post-Operative Repair

- Lateral Epicondylitis / Tennis Elbow
- Age related macular degeneration
- Piriformis Syndrome
- Non-healing chronic wound
- Acne
- Smoking cessation
- Fibromyalgia
- Bell's Palsy
- Cervical disc strain / bulge

*Dr. Nichols utilizes a special THOR laser unit, manufactured in the United Kingdom.

