



## **Low Level Laser Therapy & Pain**

### **Pain**

#### ***Karen Berg, Eugene OR – (Broken Rib)***

My husband broke a rib a week before we were to leave on a Hawaiian cruise. He was in great pain, and didn't know if he would be able to leave in a few days. He began using our Q10 laser daily for 30 minutes on his broken rib. We took it with us, and he continued to use the laser daily. There was no problem in taking it through the airline screening of our carry on luggage. In three weeks he was totally pain free, and couldn't even tell that he had broken his rib. We attribute the speedy healing to using our laser. We will always take our laser with us on vacation from now on in case we need it.

#### ***Amy Beaumont, Rapid City, SD - (Burn)***

I just burned my finger on a hot glue gun ... three laser cycles and NO PAIN. Love my laser!

#### ***Stephanie Ray, Orlando FL – (Shoulder Pain)***

In an accident my shoulder shattered, according to my surgeon like a sledge hammer hitting a sugar cube. The pain was awful. Every time I moved.... I thought I would die even though I was heavily medicated. I thought my life was over and I would never return to work or a useful life again. After one session with a Q1000 the pain changed to being tolerable and after I purchased one of these remarkable devices I was able to sleep through the night and within two

weeks be able to work again. Dr. David and this Q1000 has made all the difference.... Hallelujah ... Every Medicine Chest needs one.

***P. O'R, Nevada – (Sciatic nerve Pain)***

I am a 78 year old woman who suffered from excruciating pain for 25-years. As a young girl growing up in Ireland, I was instructed the proper way for a young lady to seat herself, with ankles crossed. In 1980, while seating myself in this manner at a wedding, the chair was pulled out from under me causing injury to my right leg, foot, instep, sciatic nerve, hip and low back. At the time of the accident, I was in good physical condition as I owned my own dance studio and taught Irish step-dancing. Throughout the years, I visited a long parade of doctors and lived on pain medication, and lived with the constant fear of being bumped as walking necessitated holding onto my husband's arm. My posture was stooped and my right foot was twisted out beyond the normal range of motion. Upon my first experience with the Q-1000 laser and the gold probe, I immediately felt lighter, not the heavy feeling I learned to live with. All pain was gone in minutes. As I stood up, I found that I stood erect and noted that my foot was now in the normal range allowing me to walk with ease. I no longer live on pain medication as I continue to use the laser every 2nd day. My husband placed the Q-1000 on his painful shoulder 2x and all pain is gone. He also is using it for his hernia with very very good results.

***Janet Drue-Manson – (Elbow Pain)***

I want you to know how delighted my husband and I are with our Q1000 laser. My husband could no longer drive at night. He said that the oncoming lights blinded him. After about two months of using the laser (he held it up to his closed eyes as you suggested), he now has no problem seeing at night. For the first time in a year we can go out for the evening with him driving. Also, he cut his hand badly while cutting a bagel. He was bleeding so profusely that his friends wanted to drive him to the hospital to get stitches. He refused and came home with the hand bandaged tightly. He held the laser to it for about 30 minutes for three nights. The pain went away rapidly and when we took the bandages off, the wound was open but totally dry and healing beautifully.

I have used it for pain with remarkable results. I tripped over my dog and came down hard, hitting my elbow on our tile floor. The pain was terrible. I immediately sat with the laser held up to the pain and after about half an hour the pain had disappeared. I continued to revisit the area briefly for a while just to make certain there was no damage done. The pain has not returned. I have used it on a varicose vein. Now it is completely flat with no swelling or puffiness and the color is fading. Anytime I have pain anywhere I immediately go for the laser. I have never known anything as remarkable as this.

***Brooke - (Shoulder Pain)***

My friend Alan's shoulder has been hurting all the time and popping, and after 6 minutes with the laser, he had no more pain the rest of the weekend. He said he always wakes up with pain. My friend Heather used it on stomach cramps and I think it helped her. I also used it on my stomach one night when it was upset. I used it a ton on my low back - it was bothering me this weekend (stiff and sore where I had my back surgery two years ago - and the laser helped a ton. on my sinus infection is gone finally. I was on heavy antibiotics, so couldn't really tell what was helping that, but it did finally start making some progress once I started using the laser on my face, and used it on my friend's sunburned ankle... lots of stuff. It's great! I can't believe how quickly it relieves my back pain actually. It's quite amazing.

***Bert Ammons, Stuart, FL - ( Shingles Pain)***

I don't know what I'd do without the Q10 on my shingles pain. I feel the pain relief after just one 3-minute session ... and after two, it's usually completely gone!

***Dr. Jay Burton, Hillsboro, OR – (Knee Pain)***

My front desk assistant is very excited about the results with the laser treatments. Her husband had been suffering with knee pain; and, was not getting good results from the medical field. She invited him to come in for laser treatments; but, he told her that he would have to do the research on his own. She told me that that was just the way that he is; and, that eventually he

would come in for care. He finally came in for care a few weeks later. This was his history: Insidious onset of medial left knee pain for six months. He had the medical work of MRI, two sets of x-rays, bone scans and had been seen by an orthopedic specialist. The physical therapy treatment was of no benefit. The anti-inflammatory gave him temporary relief. By then, they wanted to do no re testing. He decided against that. Long story short, after about ten adjustments to his knee which also

### ***Dr B.E. – (Leg Pain)***

I was first introduced to the laser when it was demonstrated on my very sore leg. The pain was gone in just a few minutes. I bought a laser and have been using it on my 83-year-old mother for severe pain from ameloidosis, which is a precursor to multiple myeloma, a type of cancer. Ameloidosis causes big patches on the skin that are very painful. The laser controls that pain for my mom and makes life easier for her.

### ***Jo Anan, Tennis Coach, N. London, UK – (Joints)***

Before using the Q1000 I would wake nearly every day with excruciating knee pain. Often my knee is very swollen and painful during my work as a tennis coach. Doctors think the cartilage is damaged, and I have been offered a knee replacement operation. Declining this route, I use the low level laser, and the probe on the sore points and the pain is reduced. It is less swollen now and less painful when I wake up. Its still early days, but I am just so relieved not to have to have the operation, and to be able to carry on working.

### ***R.W. Osteopath, Sussex***

I find the Q1000 gets rid of pain quicker. It speeds the healing process. If I do a manipulation, the pain is often the same just afterwards, but if I use the Q1000 they feel less pain. The quicker something heals, the less likely it is to recur. If someone feels an 8/10 pain, it will come down to 3/10 with the laser. For back pain I use the laser between the vertebrae on the lumber spine to work in the disk and the facet joint. It's excellent for inflammation. I've also had

success with shingles. With regular treatment with the laser at home, this woman was able to return to work after just two and a half weeks. I certainly would not be without a soft laser now. It really makes a difference. I have many other therapeutic interventions— ultrasound, a short wave machine and a scnear, for example, but it's the soft laser I turn to the most.

### ***Terre York, DC***

I have been so pleased with the far reaching effects of Dr. Lytle's lasers for pain relief. I am not surprised by the relief my pain clinic patients have experienced with the cold laser, but I am thrilled with the unexpected effects of its use on secondary conditions. I have seen difficult, long term acne cases clear up, aging skin regain youthful elasticity and the return of glowing, healthy faces with its use.

### ***Jane and Michael Dean. RN & High Court Judge, North London***

Arriving home 9 days after a total knee replacement I was trying to control the pain and swelling with a combination of dihydrocodeine, paracetamol and ibuprofen. After a further 2 days the pain from my knee was agonizing and being a Sunday difficult to contact my General Practitioner. My wife suggested we contact Gill Jacobs at Light for Health who loaned us a Q1000 and the 808 ENHANCER. In spite of my usual skepticism regarding these matters, I willingly accepted the treatment as I was experiencing such severe pain. The result was miraculous; I felt almost immediate pain relief. Over the following 48 hours we used both the Q1000 and the 808 enhancer three times a day. The swelling has subsided noticeably. A visit from the GP today confirmed a suspected hematoma which was obviously being dispersed naturally. My wife, who is a registered nurse and midwife with 35 years experience, has never seen such a small piece of apparatus work so efficiently. Out of interest we also tried the LLL light on a troublesome greater toe joint (gout) again with immediate beneficial effect.

### ***Marjie Orser – (Neck & Back Pain)***

Suicidal thoughts were frequent because the Doctors, Chiropractors, and medications could not heal the injury causing my intense pain and muscle spasms in my neck and back. As a last resort I turned to a Low Level Laser to stop the pain and to heal the injury. Now pain free from my laser, I wish I had made the laser my first choice and prevented the many years of debilitating and life altering pain I suffered from.

WOW, is what I said after the first seminar with Dr. Lytle, he's got the answer to my years of pain. Wow, is what you, too, will be saying after spending a day with Dr. Larry Lytle in his Low Level Laser seminar. You may be scratching your head asking what's a low level laser? If you are suffering from any pain, disease, injuries, sports injuries, burns, cuts, this cutting edge technology of laser frequencies for healing, is for you. A day with Dr. Lytle will not only teach you about laser use, but he will make you an expert in the laser world. Dr. Lytle's seminar is the equivalent to about three college semesters of the most interesting information, all packed into one day, he literally keeps you sitting on the edge of your chair.

For years now I have carried my magic wand, aka low level laser in my purse, it truly is my first aid kit ready for any situation of injury or pain, injuries at the gym that years ago took months to heal now take minutes or hours to heal with the laser use-----it really is magic to heal so quickly.

### ***DeAnne – (Rotator Cuff)***

I wanted to report the recent results with this amazing device, Q Laser. I mentioned an acquaintance was here from Pennsylvania and I did get the laser in time to work with him. He has torn rotator cuff with pain when moving his arm in front of him. After working about 10 minutes with the prop. sites and shoulder he was able to move his arm with no pain in the shoulder. Chuck extended the arm directly in front of him with no pain.

### ***G V Holt – (Shoulder)***

I am pleased to report my Low Level Laser Q1000-4378 is doing better than I ever dreamed! Both of my shoulders have been operated on and due to the serious injuries, have been

painful. I was sure it would require several treatments to recognize any results. Believe me when I say, after two treatments, the pain was gone.

***David Getoff- Practicing Neuropathy – (Sciatic Pain)***

Elaine, approximately 50 years old, had recurring sciatic pain that ran down her leg. The pain usually lasted from 2-3 months, and re-occurred yearly. I told her that we should give the low level laser a try. I treated the origination point of the pain with the Rotary Multiplex laser for two 3-minute sessions. Elaine called me up the next day and said “David, it’s phenomenal - the pain is gone – in less than 24 hours it is completely gone!”

***Mary Davies, age 55 – (Nerve Pain)***

Since undergoing a vulvectomy I have had constant nerve pain to the vulva and inner thigh. Despite repeated requests for a solution my Consultant was unable to offer any treatment apart from painkillers, which did not help at all. I used the Q1000 and found that one of the worst aspects of the nerve pain, a constant feeling which felt similar to an electric shock, has eased considerably. I would advise any one with ongoing nerve pain to try laser light therapy as it has certainly helped me.

***William Neumann, Elk Grove Village, IL - (Nerve Pain)***

I was diagnosed with a swollen nerve in my back, and was having trouble walking and was in considerable pain all the time. I had tried physical therapy, which provided minimal relief, but only for short periods of time. I was headed for the operating table when a friend told me about low level laser therapy. After only one treatment I have been pain free since May 2003.

## Research followed by testimonials

### **PAIN SCORES AND SIDE EFFECTS IN RESPONSE TO LOW LEVEL LASER THERAPY (LLLT) FOR MYOFASCIAL TRIGGER POINTS** E Liisa Laakso Carolyn Richardson, and Tess Cramond

1: Physiotherapy Department, Royal Brisbane Hospital, Brisbane; 2: Physiotherapy Department, University of Queensland, Brisbane; and 3: Pain Clinic, Royal Brisbane Hospital, Brisbane, Queensland, Australia.

Clinically, Low Level Laser Therapy - LLLT has been used successfully in the treatment of chronic pain but many have questioned the scientific basis for its use. Many studies have been poorly designed or poorly controlled. A double-blind, placebo-controlled, random allocation study was designed to analyse the effect of second daily infrared (IR) laser (820 nm, 25 mW) and visible red laser (670 nm, 10 mW) at 1 J/cm<sup>2</sup> and 5 J/cm<sup>2</sup> on chronic pain. Forty-one consenting subjects with chronic pain conditions exhibiting myofascial trigger points in the neck and upper trunk region underwent five treatment sessions over a two week period. To assess progress, pain scores were measured using visual analogue scales before and after each treatment. The incidence of side effects was recorded. All groups demonstrated significant reductions in pain over the duration of the study with those groups which received infrared (820 nm) laser at 1 J/cm<sup>2</sup> and 5 J/cm<sup>2</sup>. demonstrating the most significant effects (p < 0.001). Only those subjects who had active laser treatment experienced side effects. Results indicated that responses to LLLT at the parameters used in this study are subject to placebo and may be dependant on power output, dose and/or wavelength.

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Two wavelengths studied. Best results with the higher powered infrared laser compared with the lower powered red laser

Wave-length	Average Power	Energy Density	Power Density	Energy	Pulses	Time	Beam Spot size
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820	25mW	5 J/Cm <sup>2</sup>	20.89 W/Cm <sup>2</sup>	0.14 J	5,000Hz	5.62 secs	0.89Cm <sup>2</sup>
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