

hollywood physical therapy associates

HEALTH WATCH

Health Watch is a quarterly publication from Hollywood Physical Therapy Associates to raise awareness of important health issues and to underscore the value of quality, personal physical therapy. With proper evaluation, a complete physical therapy program could prevent injury, promote good health maintenance and improve quality of life for certain individuals.

LASER PHOTOTHERAPY

Low-level laser therapy (otherwise known as light therapy) is an exciting and effective modality used to treat a wide range of ailments including: strains, sprains, chronic inflammation and chronic wounds. Hollywood Physical Therapy Associates (HPTA) recently began incorporating laser therapy, when indicated, to a patient's treatment regime, and we have received tremendous positive feedback regarding its therapeutic effects — including pain and swelling control.

HISTORY & CLINICAL APPLICATIONS

Evolution of Therapeutic Light:

Sun worshipping, heliotherapy (sunlight treatment), and solarium use were common practices in ancient times. Sunlight was considered a source of energy that healed both physically, mentally and spiritually.

Light is a form of energy that travels in a wave pattern and consists of streams of particles called photons. The electromagnetic spectrum includes the entire range of wavelengths and categories of light waves including: invisible ionizing radiation (cosmic, gamma and x-rays), visible light, infra-red, and microwaves (radio, T.V, etc.) Visible light is comprised of seven different colors: red, orange, yellow, green, blue, indigo, and violet, each with their own 'wavelengths'. The differences in wave *length* create a different color.

Because the photons of different sections of the electromagnetic spectrum differ in energy and vibration frequency, they create different effects on humans. For example, gamma rays, x-rays, and UV rays are high energy and easily damage tissue. Radio waves have much lower energy and longer wavelengths and therefore are relatively harmless. Visible light and infrared light fall in between the two extremes, and it is this section of the electromagnetic spectrum that has been shown to be a source of healing energy. More specifically, it is the red and near infrared wavelengths that have been proven through extensive research to have therapeutic benefits.

Currently, the most exciting breakthrough in modality treatment is **low-level laser therapy (LLLT)**.

HOW DOES IT WORK?

Red and infrared light is introduced to the target tissues via the laser probe. The photons of light act as a source of energy to facilitate metabolic reactions such as collagen, DNA, protein and enzyme synthesis, needed to repair and regenerate cell and tissue components. Light therapy has been shown to decrease pain by modulating prostaglandin levels and by stimulating peripheral nerves.

CLINICAL APPLICATIONS:

The difference between LLLT and traditional infrared therapy using an infrared lamp is that, with LLLT no heat is generated due to the specific wavelength range used. Therefore, patients often are curious after the first session because they expect to 'feel' some sensation, generally heat.

The FDA has approved the use of low level laser /light therapy for carpal tunnel syndrome since 2002. Clinically, it has proven to be effective in alleviating the pain and swelling associated with sprains, strains, bursitis, tendonitis, chronic inflammation, rheumatoid and osteoarthritis, migraines as well as facilitating wound healing.

Following a thorough evaluation by a physical therapist, each patient receives customized treatment. If indicated, low level laser treatment may be administered to facilitate the patient's recovery.

Hollywood Physical Therapy Associates was founded by Mary Rosenberg in 1991 to practice a more personal approach to physical therapy. We pride ourselves on delivering professional, comprehensive care to all patients. Our caring staff, private treatment rooms and state-of-the-art facility insures patients will receive the finest care possible.

Specializing in: Lymphedema management, Aquatic physical therapy, Pilates physical therapy, treatment for incontinence, Dance and sports physical therapy, orthopaedic and neurological physical therapy.