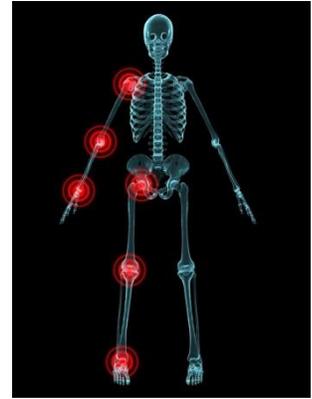


CONDITIONS TREATED WITH LOW INTENSITY LASER THERAPY



General

Repetitive Stress Injury
Carpal Tunnel Syndrome
Rotator Cuff Tear
Fibromyalgia

Reflex Sympathetic Dystrophy
TMJ
Dupuytren's Contracture
Epicondylitis

Injuries

Ligament and Tendon Tears
Fractures with associated Soft Tissue
Musculoskeletal Injuries
Tendonitis

Facet Joint Syndrome
Bulging and Herniated Discs
Frozen Shoulder
Contusions

Inflammatory

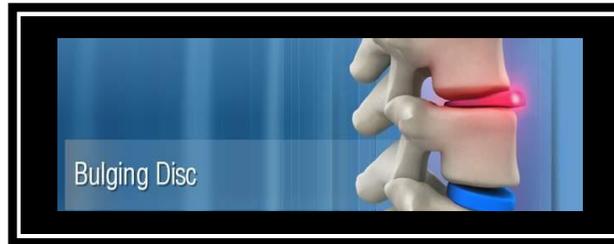
Tendonitis
Myositis
Synovitis

Bursitis
Plantar Fasciitis
Rheumatoid Arthritis

Degenerative

Arthritis, Osteoarthritis
Chondromalacia Patella
Discogenic and Vertebrogenic

Spinal Stenosis
Calcifications (e.g. bone spurs)
Sciatica/Radiculopathy



Other Applications

Wound Healing

Dermal Ulcers

Venous stasis
Atherosclerotic
Contact
Diabetic
Traumatic

Burns

Thermal
Chemical
Gout / Arthritis
Lymphedema

Dermatology

Herpes Zoster (shingles)
Eczemas
Psoriasis
Acne
Acne rosacea

Neurological

Neuropathies
Bell's Palsy
Trigeminal Neuralgia
Peripheral nerve damage (trauma)
Remodeling of dermal lesions/keloids

Frequently asked questions....

What type of lasers do you use?

Our Low Intensity Lasers [cold lasers] are designed for medical therapeutic use.

They are not surgical, cosmetic, or rudimentary. Surgical lasers are high intensity, high powered systems that generate intense heat, which cuts through human tissues. Cosmetic lasers are used for treatments such as hair removal. Rudimentary lasers are small usually hand held devices that are incapable of a broad range of protocols. Our advanced systems are approved for medical use by Health Canada, ISO and CSA, are FDA cleared, are Canadian technology in use worldwide and are designed by a Canadian vascular surgeon.



Systems Approved



Approved

Approved



Approved



Is Low Intensity Laser Therapy safe?

Yes. Low Intensity Laser Therapy is perfectly safe. Cold Lasers were first used in Hungary in the 1960s and have been widely used around the globe ever since. There have been more than 1000 laboratory research studies and well over 100 clinical trials done without report of a single long-term negative side effect. There is no risk of an adverse outcome. For more information see our list of research studies.

Is Low Level Laser Therapy painful?

Laser therapy is completely pain free for most people. Some points can be sensitive due to physiological disturbances in the tissue and some very sensitive people may experience increased discomfort the day after the initial treatment or two, which is normal. It occurs because an injury is made "acute" when the process of healing starts, which is a short-term and positive sign that cells are responding to the treatment. There is no surgery, cutting or bleeding. Laser therapy is completely non-invasive.

How does Low Level Laser Therapy work?

To explain this we use an analogy. If a tomato plant is failing to thrive, but the soil is healthy and plenty of good water is used, what could be the problem? The plant is in the shade, lacking energy from the sun's rays. Move the plant into a sunny spot and it will quickly thrive.

You see, 50% of the sun's rays are infra-red photons - particles of light. Our Low Intensity Lasers artificially synthesize and precisely reproduce the sun's healthy rays. Through the microscopic beams the laser photons seek out and find the sick or injured cells, stimulating their natural healing process back to normal. Just like the tomato plant.

Where is this particular technology in use today?

The technology that GrassRoots employs is currently being used across the United States, Canada, Europe, South America, Asia, the Middle East and Australia. In addition to healthcare professionals, a number of professional sports teams have used the same systems that we use for their injured players, including the Toronto Raptors and The Miami Heat of the NBA, The Toronto Maple Leafs of the NHL, and the Toronto Blue Jays of MLB.

How many treatments are required?

The number of treatments will depend on the condition being treated and each person's response to laser therapy. Acute or recent injuries tend to need fewer treatments than chronic conditions. The severity of chronic conditions will be a determining factor in the number of required treatments.

When will I start to see positive results?

Most people start seeing positive results after the first treatment. A positive aspect of laser therapy is that pain can be alleviated as early as during the initial treatment itself. The most effective treatment plan is 2 – 3 times a week for 3 weeks and then if needed, once a week until the injury/pain is alleviated. Laser therapy treatments have been shown to be cumulative (the dose from one treatment lasts for some time, and what remains of the dose is added to the dose at the next treatment). Laser therapy will significantly speed the healing time. The injured area however, must be allowed to rest and any daily activities or exercise programs should be resumed gradually. Treatment should not be interrupted just because the pain is gone to allow tissue healing to occur.

What does Low Intensity Laser Therapy do?

By affecting and reversing the offending pathology at the cellular level, laser optimizes the restoration of normal cellular morphology and function, and symptoms disappear. The beneficial effects of laser therapy are cumulative over the course of a series of treatments.

Are there any contraindications?

Yes. There are two basic contraindications. Patients on photoactive medication and women in their first trimester of pregnancy. Appropriate clinical factors vary and must always be considered. A health history will be taken and evaluated before treatments can be initiated.

Are there any side-effects?

The use of laser therapy is safe, painless, drug free and highly effective. After 30 years of use, there are no known side-effects associated with laser therapy. The benefits of laser therapy are well documented and over 2500 research reports have been published world-wide. Studies show that up to 80% of people who have received laser therapy have responded positively to the therapy.

How long does a treatment take?

Treatments typically take from 30 to 60 minutes depending on the area being treated.

What should I wear to my appointments?

Clothing should be loose fitting and comfortable. In some instances, removal of a garment may be necessary. You will be draped or there will be a privacy curtain drawn around you.

Do you have a Laser Therapy SMOKING CESSATION program?

Yes, for more information see our Smoking Cessation program page.

Our laser therapy program for smoking cessation is comprehensive and has a very good success rate, far above any other methods commonly used for quitting smoking.

Commonly used nicotine replacement therapies such as the nicotine patch (13%), nicotine inhaler (17%), nicotine gum (18%) and nicotine nasal spray (24%) do not even compare (Nicotine Replacement Therapies in Smoking Cessation - A review of Evidence and Policy Issues: Canadian Council on Tobacco Control, 2000).