

High-intensity laser therapy

Effect

High-intensity laser therapy affects body tissues. It improves metabolism in the treated area and thus reduces pain. The main effects of high-intensity laser therapy are analgesic, biostimulatory, anti-inflammatory and vasodilatory. It is mostly indicated for muscle and joint pain, muscle spasms and limited mobility and pain caused by arthritis.

Advantages

- Ability to target a specific area at a specific depth
- Strong analgesic effect without medication
- Reduced need for surgical intervention and the associated risks
- Excellent clinical results with a long-lasting effect

Indications:

- neuropathy, muscle and joint pain
- radiculitis, osteochondritis, joint disorders
- trophic ulcerations and eczema
- acute and chronic muscle and joint diseases

Contraindications:

- active tuberculosis
- epilepsy
- pacemaker
- tumours
- reduced speech function, speech disorder
- joint prostheses
- fever
- pregnancy
- metal implants in treated areas
- sensitivity disorder or damaged skin in treated areas
- thrombosis
- severe heart, liver or renal failure
- tattoos or freckles in treated areas

Possible side effects:

- unpleasant burning sensation
- erythema
- temporary sensitivity
- petechiae (tiny red spots under the skin surface caused by intradermal haemorrhage)

The procedure

The duration of the procedure varies depending on the diagnosis made by a doctor. The optimal duration of a quality procedure is on average 15 minutes.

As a rule, a treatment course includes 5-10 sessions, depending on the condition and side effects. The procedure does not in any way restrict the daily life of patients but requires a reduced training load and limited general physical activity during the first weeks of treatment. Although many patients immediately experience a reduction in pain levels, the recovery process generally takes 6-8 weeks.

What should you bring along to the appointment?

A referral is required.