

Photobiomodulation Therapy: What Conditions Can Benefit?



Photobiomodulation (PBM) Therapy using [MLS Laser](#), is a non-invasive laser treatment that helps to reduce pain and inflammation from acute and chronic conditions so that patients can return to everyday activities faster. We're thrilled to offer this to patients through [Coastal Rehab Hub](#).

MLS (Multiwave Locked System) Laser uses a sophisticated continuous and pulsed emission system that is synchronised and combined: two different infrared to near-infrared light wavelengths penetrate the tissue in-depth to reduce inflammation, pain symptoms and swelling, and to accelerate healing of wounds and surgical sites. The photons from the light interact with the cells of the body to create a number of biological effects.

It has been shown to be effective for treating many conditions because it can target almost every part of the body, penetrating deep into the tissue, without affecting surrounding areas. There are no known side effects and no sensation during treatment – it's so relaxing that some clients fall asleep!

What conditions can laser therapy treat?

We've compiled a list of the most common conditions that can benefit from laser therapy, but this is by no means a comprehensive guide. The potential for applying laser therapy is limitless, so please [contact Cancer Rehabilitation & Lymphatic Solutions](#) to see if it's right for you.

- Injuries and sprains
 - Back pain
 - Head and neck pain
 - Soft tissue injuries
 - Arthritis & arthritic joint pain
 - Achilles Tendonitis
 - Nerve injury
 - Tendinopathy and articular diseases
 - Joint disorders
 - Soft tissue and oral medicine
 - Muscle sprains, strains, and spasms
 - Sciatica
 - Whiplash
- Aches and pains
 - Carpal tunnel syndrome
 - Fibromyalgia
- Sports trauma
 - Epicondylitis
 - Tendonitis
 - Contusions
 - Ecchymosis
 - Bursitis
- Inflammation & bruising
 - Oedema
 - Haematoma
- Surgery & wound healing

- Surgical and radiation scar tissue
- Podiatry
 - Plantar Fasciitis
 - Orthopaedic implants
- Cancer Rehabilitative therapy
 - Radiation scar tissue
 - Lymphoedema
 - Tissue healing post-surgery
 - Chemotherapy Induced Peripheral Neuropathy (CIPN)
 - Hand/Foot Toxicity

10 benefits of laser therapy

1. Anti-Inflammatory
2. Analgesic
3. Accelerated Tissue Repair and Cell Growth
4. Improved Vascular Activity
5. Increases Metabolic Activity
6. Trigger Points and Acupuncture Points
7. Reduced Fibrous Tissue Formation
8. Improved Nerve Function
9. Immunoregulation
10. Faster Wound Healing

Pain reduction has been proven to improve after 3 to 6 treatments, but some chronic, longer-term conditions may take up to 10 – 12 visits to feel the benefits of laser therapy.

Are there any restrictions?

It is recommended that pregnant woman avoid the treatment, and that laser therapy is avoided on the eyes.

How do I know if laser therapy is right for me?

We will evaluate your condition and perform a complete examination to determine if you are a candidate. Contact Cancer Rehabilitation & Lymphatic Solutions in Erina on (02) 4312 7033 to schedule an appointment.