

Physical Therapy

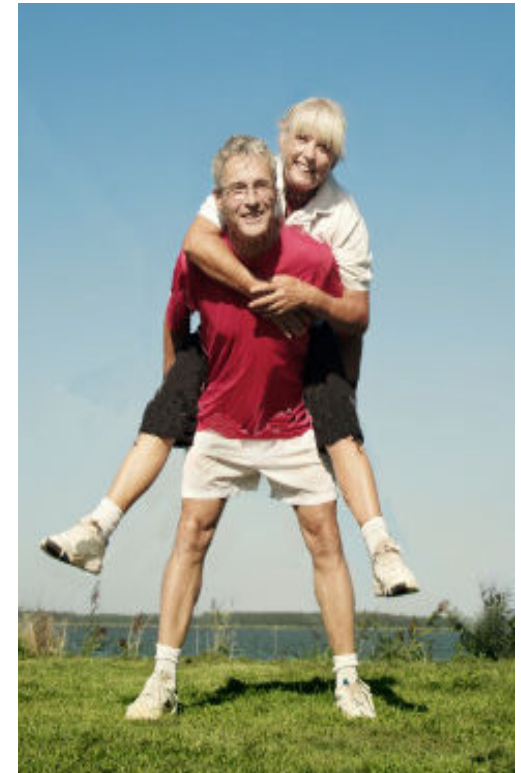
Definition

The art and science of assessing and restoring motion (of a joint or the body), reducing pain and swelling, and returning patients to their previously active lifestyle so they age successfully.

Physical therapy is the only healthcare discipline which addresses motion and activity.



Laser Therapy



SEQUOIA
PHYSICAL THERAPY
Sports & Spine Rehab

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SEQUOIA
PHYSICAL THERAPY
Sports & Spine Rehab

For an active lifestyle

What Does Laser Therapy Treat?

High intensity, Class IV deep tissue lasers have been cleared by the FDA to treat neuromusculoskeletal pain and inflammation. Many different conditions are treated:

- Acute injuries and traumas
- Tendinitis
- Arthritis
- Sprains and strains
- Fibromyalgia
- Post-surgical pain/inflammation

How Does Laser Therapy Work?

The Class IV high intensity, deep tissue therapy lasers can penetrate six to nine inches deep. The light is infrared, so it is invisible to the eye. When this light interacts with damaged cells, cells become energized and cell function improves, circulation improves, swelling is reduced, healing is accelerated and nerve conduction is slowed for immediate and long-lasting relief from pain.

How Do I Know Laser Will Work?

No treatment works for everyone, but more than 1,800 peer-reviewed, published articles have been written on laser therapy on a variety of conditions. The Class IV lasers, like Sequoia Physical Therapy uses, are the most powerful and advanced of the lasers.

Class IV lasers have shown a tremendous success rate in treating the above conditions. Acute injuries respond the most quickly to treatment. Chronic conditions take longer to respond but often laser will be effective when other treatments were not.

Before Your Appointment

Follow any advice your doctor gives you. Avoid any movements which may cause pain. Apply ice for up to 15 minutes at a time to reduce pain and swelling if necessary.

Visit <http://www.sequoiapt.com/forms.html> and locate the Patient Intake Form. Click the link, then type your information into the form

and print it out to bring with you to the appointment. This will save time.

What To Expect At Your First PT Visit

If you have not completed the Patient Intake Form online, you will need to do so at the first



visit. You will also need to sign a Laser Consent Form, giving your consent to laser treatment. You may also need to com-

plete some insurance paperwork, depending on what other treatments may be planned. Laser therapy is not covered by any insurance, but your first laser treatment is free.

You should come dressed casually and comfortably as possible whether standing, sitting or lying down. The laser light must come into direct contact with the skin to be effective. It will not work through clothes, so wear clothes which make it easy to expose the affected area.

The physical therapist will perform an evaluation of your physical situation looking for deficits in normal motion, strength and flexibility. At the end of the eval, you will receive some treatment to begin the healing process.

Any Precautions Or Contraindications?

Yes, and the Laser Consent Form will explain them in detail. Briefly, you do not want to look directly into the laser. You will be provided protective eye wear. We cannot treat over the lumbar spine of a pregnant female. Also, laser therapy is known as photobiostimulation, which means the laser stimulates cells to do what they are programmed to do. Cancer cells are programmed to replicate quickly. For that

reason, we do not want to laser anyone who has cancer or is suspected of having cancer.

What Does Laser Treatment Feel Like?

There are two lasers. One is in the red portion of the light spectrum. As a visible light, it acts mainly as an aiming laser. You will not feel any warmth from it. When the infrared laser is turned on, the machine beeps and you will feel a warm sensation on the skin. The light creates a soothing warmth. Because it is a photo-chemical process and not a photo-thermal process causing the warmth, you will not burn.

How Long Does a Treatment Last?

It depends on the size of the area being treated. A finger may take only a minute or so but a hip, knee, shoulder, back or other large area may take 8-12 minutes.

Will Insurance Cover Laser Therapy?

Not at this time. The treatment is new, but lack of insurance coverage does not mean the treatment is not the best possible care.

How Many Treatments Do I Need?



Generally speaking, the longer a painful condition has been present, the more treatments are needed. If an injury occurred within the last six weeks, you may see significant reduction in pain and swelling in one or two visits and may

only need two to four treatments total. If you have had the condition for years, it may take four to six treatment sessions before you can tell it is helping and you may need 12-15 sessions initially and then maintenance. Your first treatment is free.