

Getting My Patients Back in the Game with MLS Laser Therapy

By Josef J. Geldwert, DPM of The Center for Podiatric Care and Sports Medicine, New York, NY

I have joined my passion for sports with a genuine concern for the health of the foot and ankle for over forty years. After receiving my undergraduate degree at Yeshiva University, I was convinced by a colleague that podiatry would be an ideal field for me, as it would give me the opportunity to address the specific needs of athletes. I know, as an athlete myself, that when you are injured the first priority is to get back in shape as quickly and safely as possible; however, injuries caused by over-use and trauma have a tendency to heal slowly—and often incompletely. Heading a large sports medicine practice in Manhattan, I see patients from around the world—many, but not all of them, athletes—and the challenge is always the same—to get each one back to the activities that enrich their lives.

I have long been aware of the science behind laser therapy, have had the chance to work with Russian orthopedic surgeons who use dual wave lasers in their sports medicine practices, and have seen the effectiveness of the modality. When I was approached by a **Cutting Edge Laser Technologies** representative to arrange for a demonstration of their lasers, I was curious to see how their Multi-Wave Locked System technology would stack up with what I already knew about the modality. I treated about eight of my patients during the initial demonstration, for a wide variety of conditions, and saw a dramatic response. For some the positive response was tangible and almost instantaneous. I moved forward with a follow-up demonstration with the representative and saw further evidence that this technology was something that I wanted in my arsenal of podiatric tools. My patients love that the treatments are quick, but they mostly appreciate that there is no pain associated with the treatment, and for some, the relief from pain is almost immediate.

Before purchasing the M6 MLS Therapy Laser, I read a great deal of the clinical and scientific studies provided to me by Cutting Edge. I was fully convinced that this technology was safe and effective, and ultimately right for my practice. The M6, with its robotic features was my first choice because, as is the case with any busy practice, time is of the essence and the M6 allows me to program the laser so that the treatment will be safely performed without direct hands-on attention.



Discovering new applications for MLS Laser Therapy has continued to surprise me. I have successfully treated pain and inflammation associated with plantar fasciitis, Achilles tendonitis, Posterior tibial tendonitis, peroneal tendonitis, over-use injuries, ankle sprains and fractures. Personally, I use it on myself to relieve some of the stiffness I experience while training, and any other aches

and pains that we all endure. In some of our older patients who have arthritis we're finding that MLS is working extremely well to help remove some of the symptoms associated with degenerative joint disease—especially in the mid-foot.

Another area where M6 stands out for me is in the treatment of acute injuries, such as acute ankle sprains, where the ankle is very swollen. This is a great modality to use in those cases because it is pain free and quickly reduces the swelling. I have even treated patients with fractures to reduce the swelling caused as result of the break.

When used in conjunction with other traditional treatment modalities such as E-Pat, MLS Laser Therapy is a great complement that can reduce pain and inflammation while it speeds healing. I have also found that there are applications where MLS can be used effectively and painlessly while traditional treatments could cause the patient considerable discomfort. Specifically when the problem area is over the bony prominences of the foot—as in insertion tendinopathy where the Achilles tendon attaches

**In the 20 months since
I integrated the M6 into my practice,
I have seen the laser perform with an
85-90% efficacy rate in terms of
improving patients' conditions.**

PROFILES IN EXCELLENCE

to the back of the heel—the acoustic sound waves in some traditional treatments can be very uncomfortable.

MLS Laser Therapy is also crucial for patients with problems related to post surgical range of motion impairment. I use the laser over post surgical sites and joint areas to get the patient more comfortably mobilized so that we can work on range of motion exercises, with the ultimate goal of getting them up and moving again. In the 20 months since I integrated the M6 into my practice, I have seen the laser perform with an 85-90% efficacy rate in terms of improving patients' conditions.

MLS Laser Therapy has given me another modality that I can recommend to my patients, many of whom have sought treatment elsewhere and not had satisfying resolutions. It is important for my practice to have a lot of options to offer our patients, and MLS is a treatment modality that I am confident will get my patients back in the game.

For more information on MLS Laser Therapy from Cutting Edge Laser Technologies, call 800-889-4184, visit www.CELasers.com.

Reprinted with permission from Podiatry Management Magazine.