

# Cold Laser Therapy Information

## **What is cold laser therapy?**

Cold laser therapy is a noninvasive and painless low-intensity laser therapy that stimulates healing. It gets the name “cold” laser therapy because the low levels of light do not heat the body's tissue. Cold laser therapy has been shown to support healing in humans and animals alike.

## **What is cold laser therapy used for?**

The main uses for cold laser therapy are tissue repair and relief from pain and inflammation.

## **How does cold laser therapy work?**

During the procedure, different wavelengths and outputs of low-level light are applied directly to the targeted area, which is absorbed by the body. The red and near-infrared light cause a reaction and the damaged cells respond in a way that promotes cell health that results in tissue healing. Although some warmth may be felt on the skin, the procedure is painless and noninvasive. There will be a low beeping of the laser machine while it emits the laser light but typically your pet will relax after realizing the treatment is pain free.

## **What can cold laser therapy treat?**

Cold laser therapy can treat the following injuries: ACL tears, arthritis, cat bite abscess, bone fractures, hip dysplasia, intervertebral disc disease, post-operative healing, soft tissue trauma, sprain and strains, among other things. In addition, it can also be used to help reduce swelling and promote healing of the joints and soft tissue from an injury. Finally, cold laser therapy is also beneficial for assisting your pet in recovery from surgical procedures.

## **What does cold laser therapy cost at Great Value Pet Clinic?**

The baseline cost for treatment is \$75 per session. A session is generally 30 minutes and only accounts for one area for treatment. The cost may increase based on an increase in areas treated per visit. However, a session of one problem area typically includes treating the area affected and 3 or 4 areas surrounding the area of focus. An example would be; if treating a stifle (knee) then we will treat the lumbar spine, hip area, affected stifle (knee) and opposite stifle (knee). If there is an additional area that is treated the cost will be discussed further.

The standard treatment plan starts with 6 sessions. You can expect your pet to receive one treatment daily for the first 3 treatments. The next 3 treatments need to happen within 2 weeks of the initial treatments. If this treatment plan does not work for your schedule, the schedule of treatments can be adjusted. However, this adjustment to the scheduled treatments may add to the number of treatments needed for the desired results. Most often after the initial round of treatments the required treatments for upkeep is very minimal. Chronic conditions may require more treatments over the long term to maintain the positive effects. The cost of the laser treatments includes any follow-up exams needed to check the progress. This is done to ensure the treatment is providing your pet with the optimal results.

# Companion Animal Osteoarthritis

## How to treat Osteoarthritis

If your pet is within their ideal weight range, or you are working on getting them to that weight range, you may consider adding joint supplements/nutraceuticals. The leading company in veterinary joint supplements is Nutramax. Cosequin and Dasuquin, Nutramax's leading supplements for joint health, are specifically formulated for the best absorption. Something to consider is that it may take up to 8 weeks to see the full benefits of a diet change, supplements and nutraceuticals. So, give it time and have patience, your pet will thank you for it.

In addition to supplements/nutraceuticals you can consider NSAIDs (non-steroidal anti-inflammatory). NSAIDs can assist in decreasing the inflammation from Osteoarthritis. These medications are very similar to medications we take (Ibuprofen) but are safe for pets. Talk to your vet to decide which, if any, medication is best for your pet.

Finally, an alternative way of treating Osteoarthritic pain is cold laser therapy. This is a fairly simple treatment we provide here at this clinic. Most treatments take 15 to 20 minutes and results are typically seen within 24 to 48 hours. Treatments consist of 6 different doses of cold laser. You can expect your pet to receive one treatment daily for the first 3 treatments. The next 3 treatments need to happen within 2 weeks of the initial treatments. If this treatment plan does not work for your schedule, the schedule of treatments can be adjusted. However, an adjustment to the treatment plan may add additional treatments to reach the desired results. Most often after the initial round of treatments, the required treatments for upkeep are minimal. Chronic conditions may require more treatments over the long term to maintain the positive effects.