

e-Journal of Light and Lasers

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I would like to thank our returning subscribers for your support of the inaugural issue of our online Journal of Light and Lasers. We received a lot of positive feedback and we will continue to offer our free newsletter to you. If, at any time, you are NOT interested in receiving this journal on the scientific effects of light and laser therapy, please click on the unsubscribe icon at the bottom of this newsletter.

Exercise with Laser Most Effective Therapy

A well-designed study was performed using laser therapy on patients who had low back pain for at least 12 weeks. Laser therapy was performed twice a week for 6 weeks along with exercise therapy and compared to exercise and laser alone as controls. In these patients, laser therapy combined with exercise was more beneficial than exercise without laser. This study demonstrates that laser can be an excellent adjunct for practitioners who emphasize exercise therapy for their patients and produces better results than exercise alone.

Djavid GE, Aust J Physiother 2007;53(3):155-60.

Laser as Effective as Cortisone!

Rats with arthritis were exposed to a number of different laser protocols. It was found that illumination with 810-nm laser was almost as good as cortisone at reducing swelling! It was found that higher doses were more important and more effective than any other parameter. Laser therapy not only reduced joint swelling but also correlated with decreased serum prostaglandins, a common marker of inflammation.

Castano AP, Lasers Surg Med 2007 Jul;39(6):543-50

Laser Reduces TMJ Pain

This study investigated TMJ pain and Laser therapy. Results confirmed the results of previous studies noting that laser was more effective than placebo at reducing TMJ pain.

Mazzetto MO, Cranio 2007 Jul;25(3):186-92

Laser Effective for Peripheral Neuropathy

Peripheral neuropathy is a common problem in older patients as well as diabetics and workers exposed to toxic chemicals. There is very little that modern medicine has to offer these patients. This study found that laser therapy improved spatial perception, demonstrating improved nerve function, as well as improved EMG study outcomes. These positive results support previous research that documented that laser can regenerate nerve tissue.

Peric Z, Srp Arh Celok Lek 2007 May-Jun;135(5-6):257-63

Light Benefits Obesity

A study was done with obese individuals who were put on an exercise program and exposed to light therapy. The most interesting finding was that body fat in the exercise group was only reduced when they received light therapy. Improved mood, as in previous studies, was also noted. This preliminary study is the first to show that the addition of bright light treatment to a 6-week moderate exercise program can alter body composition by significantly reducing body fat.

Dunai A, Obesity 2007 Jul;15(7):1749-57

I will try to bring you unbiased, evidence-based information on a regular basis to help you understand this new and exciting treatment modality.

If you would like to see any particular topics or have any comments or suggestions, please email me, Curtis Turchin, MA, DC at: dr.turchin@yahoo.com (yes, that is dr dot turchin @ yahoo.com)

Sincerely,
Dr. Curtis Turchin



About the Author

Curtis Turchin, M.A., D.C. has a bachelor's degree in pre-medical studies from the University of Southern California., a master's degree in Special Education from San Francisco State University, and a doctor of chiropractic from Palmer College. He is in private practice near San Francisco using manual therapies and lasers in a practice with a physician. He has published 3 books, more than 20 journal articles, and has been extensively interviewed on radio and television. Dr. Turchin is the author of the new text, *Light and Laser Therapy: Clinical Procedures*, described as the authoritative text on clinical laser treatment as well as *Treating Addictions with Laser Therapy*, the only book published on this unique subject.