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# HEALTHY LIVING

# Laser therapy is a solution for injuries and pain management

DR. JOHN M. SIGLE, DPM, FACFAS

**BY John M. Sigle DPM, FACFAS**
Illinois Laser Center

Tom had a severe case of psoriatic arthritis in his hands. His fingers were swollen like sausages and he couldn't shake hands or play golf. His doctor told him his only option was to take injections and pain medication. After learning about MLS Laser therapy, Tom started with a ten minute MLS laser treatment on both hands three times a week. His pain was cut in half after the first week of treatment. After three more treatments during the second week, his hands were almost back to normal and swelling was almost completely gone. After a couple more treatments during the third week, the pain was gone and he was back to normal activity. Tom is on a maintenance program of one treatment every other week and his arthritis is completely in control without injections or other treatments for arthritis.

Barb had a total shoulder replacement that failed to produce the desired result. Subsequent physical therapy did not yield improvement so a revision was necessary. After the revision, Barb experienced persistent pain and stiffness; and she relied heavily on pain medications. She had limited use of her arm and needed assistance to dress and to do routine tasks around the house. After six MLS Laser treatments, Barb's husband said, "It's the first time in over a year that my wife was able to put on her sweater without help, and she is able to do the dishes. She's also forgetting to take her pain medications; and that's a good sign." After six weeks of treatments, Barb was totally changed person. She is free of pain medications and arm stiffness.

Xavier had a bad ankle sprain during a basketball game. His ankle was swollen when he limped into the clinic at 9 pm, and he was in severe pain. It was very doubtful that he would be able to play the next week, much less the next day against a top ranked opponent. The next morning he walked into the clinic with no pain for his second treatment. The swelling was gone and he scored 26 points that night.

The Illinois Laser Center in Springfield, Illinois, is the first facility in central Illinois to offer the next generation MLS Laser Therapy. Now, patients like Tom, Barb, and Xavier are experiencing extraordinary results because of cutting edge laser technology and specialized care.

"It is pretty amazing therapy," said Dr. Jared Kennedy, Director of the Illinois Laser Center. "I was able to use a pain therapy laser in chiropractic school and I am very excited to be able to offer this new and dramatic treatment option to our patients. Many patients, who haven't had physical therapy for years, are able to get instant relief of pain. If you want an alternative therapy that is fast, effective and affordable, this is wonderful option."

According to Dr. John Sigle, "Many professional teams are using this technology to reduce pain and inflammation and to kick start the healing process for their players. We have been using this technology at our clinic for over four years now and the results have been very positive. I can understand why this laser is considered to be a secret weapon by many professional teams. We are able to return injured athletes to their sport faster and keep them in the game."

"Now I can use the laser in conjunction with other chiropractic protocols," said Dr. Kennedy. "The laser also has dual simultaneous waves which work in a synergistic fashion that give me the results I like to see; and what my patients are looking for. We have seen a reduction in tendonitis, joint swelling, bulging discs, rotator cuff tears, carpal tunnel, and other shoulder and elbow indications. The laser reduces nerve impingement and increases range of motion in joints with previous surgery. The results are pretty phenomenal and eight out of ten patients have dramatic results."

"After trying casts and braces, and enduring a series of cortisone injections in his ankle, one of my patients was at a dead end. I started him on the MLS laser treatments and within the three weeks of therapy and rest, the pain was gone," said Dr. Sigle.

According to Dr. Sigle, "we are achieving great results with athletes who have ankle sprains, muscle strains, contusions and bruises, shin splints, muscle tears, plantar fasciitis, and Achilles tendonitis, and turf toe. We have treated many local athletes who were able to play their entire season without interruption. Many of them went on to win all sorts of awards and were offered college scholarships."

Prior to purchasing this technology, we explored all the options and discovered that this particular laser offers a real breakthrough in pain relief and restoration of mobility. The dual wave MLS Laser relieves pain and reduces inflammation by increasing blood flow to the treated area. The laser sends photons of light deep into the damaged tissue and stimulates the damaged cells at the mitochondrial level to produce ATP and excrete cytokines and histamines. Basically, it kick starts the healing process in tendons, ligaments and muscles; and they can repair themselves up to 30% faster.

The MLS Laser Therapy is being used by chiropractors, podiatrists, orthopedic physicians, dentists, veterinarians, physical therapists, pain specialists, and athletic trainers. It has proven to be effective on a wide range of physical ailments including tendon and ligament injuries, soft tissue injuries, muscle strains and tears, sore muscles and joints, back pain, neurological pain, chronic wounds, general pain, musculoskeletal disorders, pre-and post-surgical treatment, and anti-inflammation applications."

According to Dr. Kennedy, "The MLS is also used by practitioners to treat conditions such as face pain, sciatica, whiplash, TMJ Dysfunction, shingles, and herpes."

"We are pleased to offer the patients an alternative to injections or other invasive treatments. This is an alternative for patients who are not achieving what they want with more traditional modalities," exclaimed Dr. Sigle.

"When patients ask me what they feel during the treatment," said Dr. Kennedy, "I tell them, you will not feel anything. There is no warmth, no needles jabbing you, and no itching sensation. The treatments are short, and the relief is often felt by the time the patient gets home."

When asked about the results from this treatment, Dr. Sigle states that, "thousands of patients across the country have tried this laser with results that are positive. Usually, patients see significant results the same day they receive treatment. Pain is definitely less and they leave with more mobility. Patients come in with acute swelling and tendonitis around the ankle joint or foot. After a couple of treatments, we have been able to significantly reduce their symptoms. After three to six sessions, we able to get most symptoms resolved. Patients have been surprised and very happy."

When asked how many treatments will a person need, Dr. Sigle states, "we are successfully treating high school athletes with acute ankle sprains and heel pain who want to get back to sport sooner. After three to six treatments, 90% of the pain is gone. With normal therapy, it may have taken three to four weeks to heal to the point where they could return to sport. That's a lifetime to a 16 year old who is about to miss a quarter of the football season."

According to Dr. Sigle, "MLS Laser treatment has meant relief from pain without medication or surgery for the vast majority of cases. I believe we are the only medical clinic from Chicago to Alton to offer this technology. It is non-invasive, has no side effects, and people are getting better. We have given well over a thousand treatments and it has truly enhanced my practice. It has changed the way we approach pain management and post-operative care. The laser restores, rejuvenates, and heals patients faster." To receive additional information or to schedule an appointment, call the Illinois Laser Center at (217) 670-2160. Visit myfootandanklecenter.com to view a short video that explains this technology, and hear what patients and physicians are saying about their experience.

Dr. Sigle explains MLS Laser to local basketball phenom, Xavier Bishop.