



Laser therapy offers pill-free foot pain relief



By [Amy Lacey \(http://wric.com/author/amy-lacey/\)](http://wric.com/author/amy-lacey/)

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CHESTERFIELD, Va. (WRIC) — Sharon Whitt is settling in for a 10-minute treatment that she credits with getting the spring back in her step.

“I like to dance, so that makes it a lot more comfortable to dance and not so much pain and pressure on the foot area,” she explains.

Whitt was diagnosed with Morton’s Neuroma four years ago. It is a painful condition affecting nerves on the ball of the foot.

“I didn’t know what it was,” she remembers. “I know that I couldn’t wear shoes without having pain, flat shoes or any kind of shoe. It was very, very annoying.”

Whitt exhausted options for it and was bracing for surgery when she learned about the MLS Laser (<http://www.320-foot.com/laser-pain-treatment.html>) and the great response patients are having to it.



“About 80% of the people get about 80% of relief,” says Dr. Mitchell Waskin, a Podiatrist with The Foot & Ankle Center.

He brought this laser therapy to his practice in December to help patients with sprains, strains and arthritis. He calls it a pill-free way to reduce inflammation, swelling and subsequent pain.

With so much attention on the opioid addiction epidemic, he had been looking for another effective treatment that did not require a prescription pad.

“It decreases their need of narcotics as well as helps stimulate the circulation in their foot and speed healing,” Dr. Waskin says. “The results can be very fast. After the very first treatment, some people ten minutes later will stand up and walk and say, ‘I can already feel a difference.’ It doesn’t happen with everyone, but it’s not the least bit unusual.”

He recommends six treatments over two weeks for acute conditions, with a maximum of ten.

While researchers say they need to do more studies to show just how effective this therapy can be, Whitt says the proof is in her stride.

“I just felt like it was, you know, an answer to my prayers.”

MLS Laser Therapy is not covered by insurance. Patients can expect to pay about \$60 per session out-of-pocket.

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