

Cold laser is a viable option to acupuncture and surgery

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New Age Laser and Wellness Center uses cold wave laser therapy to treat pain and other conditions in their patients.

SEBRING — Nell Hays had severe carpal tunnel syndrome in both hands due to a long career in professional golf. She is, after all, a PGA/LPGA teaching professional at Golf Hammock Country Club in Sebring.

As any golfer knows, there is a lot of repetitive use in the hands and wrists that goes along with the sport, and sometimes this overuse or subsequent injuries bring on the syndrome. CTS causes numbness, tingling, weakness and even pain in the afflicted areas.

One day, Hays found a solution to her ailment in the form of cold laser therapy, which ultimately relieved all of her symptoms.

“I learned about cold laser therapy at a Sebring Chamber of Commerce luncheon presentation where Steve Hise, the co-owner of New Age Laser Wellness & Education Center, was speaking about cold laser therapy and how the center has had a lot of success with many medical problems like chronic back pain and carpal tunnel syndrome,” Hays said.

After the meeting, Hays spoke to Hise and he assured her that the cold laser therapy could help her.

“I was facing surgery in both hands, and I was adamant that I was not going to go that route if at all possible,” she said.

“Early on, I got some immediate relief, and as time went on, I could do more and more with my hands that I had not been able to do for a long time, without pain or numbness.”

The therapy was done at the New Age Laser Wellness & Education Center in Sebring last summer, and while the words “cold” and “laser” sound like something that might hurt or be uncomfortable, it was virtually painless.

“The therapy did not hurt at all,” she said.

Hays explained that while in the beginning, when she was in a lot of pain, and holding her arms and hands still for the 10 minutes or so while each place was treated was not too comfortable, the center did everything possible to put her in treatment positions that were not painful, or were less painful.

“I did have some pain during the night after the treatments, however, that’s kind of how I knew the treatments were working,” she said.

Hays added that the nighttime pain felt like healing pain and it never lasted more than one day.

Hays initially underwent 12 therapy sessions that were about 12-15 minutes each, and sometimes even more. Hays has undergone just a couple of additional sessions as needed since then and plans to have more treatments should a flare up ever occur again.

Cold lasers, also known as low-level lasers, are a non-intrusive option to acupuncture and surgery. The lasers either target acupuncture trigger points or they provide a broad coverage of tissue and bone. The lasers use specific wavelengths of light that, when shined on the tendons, ligaments or muscles that are afflicted, have a strong anti-inflammatory, anti-edema effect on tissues. The affected areas repair themselves faster than they would alone, and faster than they would by undergoing other treatment options.

Cold laser therapy is FDA cleared for assistance with many ailments, such as back pain, shingles, bone on bone, acute and chronic pain, arthritis, ligament sprains, muscle strain, soft tissue injuries, neuropathy, tendinitis, lumbar pain, tennis elbow, bursitis, fibromyalgia, CTS and more.

“We treated a woman who had Parkinson’s and MS and was paralyzed for four years on her left side. The very next day she could move her hand,” Hise said.

Most conditions require about six to 10 treatments, while more than 90 percent of patients experience positive results after the third session.

At the moment, New Age Laser Wellness & Education Center is looking at other types of lasers and treatments to add to its repertoire, such as those that have anti-aging and fat burning potential. The center also offers aromatherapy, a therapy that uses natural oils to enhance psychological and physical well-being, and they offer ionic foot bath detoxification, a treatment that is used to assist with some chronic states that stem from toxic buildup in the body.

Co-owners Steve and Randy Wise also get the word out to the community by attending health fairs (some right on location) and through speaking seminars.

While insurance generally doesn't cover cold laser therapy, the price is reasonable at only \$50-\$60 per visit and packages are available.

"This treatment has been fabulous for me," Hays said.

FOR MORE INFORMATION

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Hours: Monday-Friday: 10 a.m. to 7 p.m. Closed Saturday and Sunday