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By Lisa Robinson BIO »

# Have pain that won't go away? Try laser therapy

Doctors say MLS laser works on any type of pain, body part

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**BALTIMORE** — People who have tried injections, medication and even surgery but still have pain that won't go away might be able to try laser therapy with better effects.

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"It's a night and day difference with the pain," said personal trainer George Beck, who spends up to 14 hours a day on his feet helping people get into shape.

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He said pain has been his constant companion for years.

"It just feels like pins and needles," Beck said.

"George has chronic plantar fasciitis, which is heel pain you get when you get out of bed in the morning. He's a trainer and needs to be on his feet. He wasn't dealing with it," explained Dr. Kelly Geoghan, who said Beck tried injections and stretching and saw minimal improvement.

Geoghan said she finally used an MLS laser on his feet, and it was a game changer.

"When I woke up the next day, I didn't have the kind of pain in the morning that I have when I get up," Beck said.

The laser uses specific wavelengths of light to treat the painful areas and help speed the healing process.

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"It's not a hot laser. It's not a cold laser. It's a multilock system with two types of lasers coming together, which is stirring up the energy," Geoghan said.

Light energy enters the damaged cells and stimulates inter-cellular activity, Geoghan said. That reduces pain in the area and speeds recovery of damaged cells.

Once the cells recover, the healing process is over. Each treatment lasts about seven minutes, is painless and has no side effects, doctors said. The laser can be used for any type of pain -- chronic or acute -- and on any part of the body.

"Most patients say they have some improvement immediately, so you can actually watch after treatment that the inflammation has decreased immediately," Geoghan said.

"It makes work a lot easier. When I'm standing a lot, I don't get the pain like I was a month ago," Beck said.

The effects of the laser treatment are cumulative, so patients should see improvement with each treatment, doctors said. Patients could need as few as three sessions or as many as 10.

Beck has four under his belt and will likely have at least six more, Geoghan said.

Treatments are not covered by insurance. Each one costs around \$50.

For foot Pain, Geoghan can be reached at 410-753-4422

For general pain, contact Ava Mina Pain Treatment Center, 410-583-2911, or Carle Center for Pain Management, 410-337-2676



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