What is Laser Therapy? Low Intensity Laser Therapy (LILT) is the use of light from a Low Intensity Laser Diode or an array of Superluminous Diodes to eliminate pain, accelerate healing and decrease inflammation.

Laser Therapy does not heat or cut tissue, unlike high intensity lasers. Many pharmacological treatments mask pain or only address the symptoms of the disease; Laser Therapy treats the underlying condition or pathology to promote healing. This means that the treatments are effective and the benefits of Laser Therapy are long lasting.

What conditions can be treated with Laser Therapy? Laser Therapy can be used to treat a broad range of medical conditions, including musculoskeletal problems, arthritis, sports injuries, wounds, chronic and degenerative conditions, and dermatological problems.

How long does a treatment take? Treatments can last between 15 minutes to over 1 hour depending on the condition and area being treated.

How many treatments are needed? The number of treatments will vary with regard to the individual problem as every patient and condition responds to Laser Therapy uniquely. In a recent clinical report on over 1,000 patients treated with the BioFlex Professional Laser Therapy System, patients averaged slightly less than 10 treatments to resolve their condition. In some patients, 1 treatment is sufficient; however, on average, 3-25 treatments are required. In some cases, additional maintenance treatments may be recommended.

Is Laser Therapy covered by public or private insurance plans? Laser Therapy is provided by a Chiropractor (at Spa Utopia) so, as long as a Patient’s Extended Health Care plan includes Chiropractic work – they will be covered for a certain number or $ value of Chiropractic trmts each year. Patients must check with their EHC provider.

Is Laser Therapy Safe? Hundreds of research studies have shown Laser Therapy to be safe and effective. Laser Therapy is non-invasive, non-toxic and non-thermal. Unlike other forms of radiation, Laser Therapy is beneficial rather than harmful to tissue.

Are there any contraindications? Yes, Laser Therapy should be avoided in the following instances:

- Over the womb for women in their first trimester of pregnancy
- Over cancerous tumours
- Over Thyroid or Over Eyes

What is the BioFlex Laser Therapy? BioFlex is a highly sophisticated therapeutic device that combines the benefits of Low Intensity Lasers with Superluminous Diodes for the effective treatment of many medical disorders. Developed and engineered by Meditech International Inc., BioFlex represents the most significant technological advancement in Laser Therapy.

How does BioFlex compare with other conventional treatments? BioFlex Laser Therapy is able to influence the pathology directly at the cellular level, resulting in therapeutic benefits that are long lasting and address the underlying condition or pathology. This is unlike many other conventional treatments which treat only the symptoms or site of pain, without addressing the source of pain.

Who uses BioFlex Laser Therapy? BioFlex Laser Therapy is being used by an increasing number of physicians, physiotherapists, chiropractors, massage therapists, veterinarians, naturopaths and dentists across Canada, the United States, Europe, South America and Asia. The BioFlex Laser Therapy Systems are currently being used by a number of sports professionals: The Toronto Raptors, The Toronto Maple Leafs as well as the Toronto Blue Jays, the Miami Heat, the Canadian National Ballet Company along with many other high performance organizations utilize the technology as the basic treatment platform for their athletic injuries.

For more information visit our website at www.spautopia.ca
Laser Therapy

Laser therapy offers the patient a safe and effective therapy for a wide range of medical conditions, including soft tissue and sports injuries, wound healing, dermatological conditions and a variety of musculoskeletal problems.

Nutritional Consultation

Our goal is to help patients manage and improve all areas of their health, including diet and lifestyle. The focus is on education and how to achieve and maintain a higher level of well-being. Your body is treated as a whole. You are taught how to create an internal and an external environment that encourages overall good health and well-being.

Custom made orthotics

Orthotics are custom made to suit each individual's preferences and needs. Orthotics are used to support, align, prevent, or correct deformities and to improve the function of the body.

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**CONDITIONS TREATED**

- **Soft Tissue & Sports Injuries (Trauma)**
  - Tendonitis, Muscle/Ligament Tears, Lacerations, Contusions, Hematoma

- **Arthritic Conditions**
  - Degenerative Osteoarthritis, Chronic Back Problems, Sciatica, Spinal Stenosis

- **Repetitive Motion Injuries**
  - Carpal Tunnel Syndrome, Rotator Cuff Injuries, Epicondylitis, Plantar Fasciitis, Achilles Tendonitis

- **General Problems**
  - Disc Herniation, Fibromyalgia, Post-Herpetic Neuralgia, Reflex Sympathetic Dystrophy, Diabetic Neuropathy, etc.

- **Wound Healing**
  - Dermal Ulcers, Burns, etc.

**CLINICAL BENEFITS**

- Accelerates Healing
- Anti-inflammatory
- Eliminates Pain
- Accelerates healing
- Eliminates pain
- Reduces the need for pharmaceuticals
- Restores normal range of motion and function
- Non-invasive, non-toxic
- No known adverse effects
- Often makes surgical intervention unnecessary
- Provides a viable treatment alternative for patients that have not responded to conventional therapies