

# e-Journal of Light and Lasers

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## Summary

These recent studies confirm that light and laser therapy benefits patients with soft tissue injuries. They also point out the potential benefits with neurological disorders (stroke and Parkinson's) and cartilage damage, two new and exciting areas!

## About the Author

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Issue: #1

This is the inaugural issue of the monthly online Journal of Light and Lasers. If you are NOT receiving this journal on the scientific effects of light and laser therapy, please click on the bottom of this newsletter.

## Controversies Still Exist

As with any new modality, there are controversies concerning the effectiveness of light and laser therapy. However, there are many syndromes that have not been properly investigated. This issue will shed some light on these questions!

## Can Parkinson's Disease Benefit from Light Therapy?

There have been a number of Russian studies that found benefits from laser therapy with Parkinson's disease in terms of improving neurological deficit and immune function. In this interesting study, 12 Parkinson's disease patients were exposed to white fluorescent light therapy for up to 1-1/2 hours. It was noted that dyskinesia, and psychiatric side effects were reduced. Elevated mood, improved sleep, less medication, reduced impotence, and increased appetite were also observed. This study is a research point to a possible benefit from laser therapy as well as high doses of simple fluorescent light. It does sound like a promising area of research. Chronobil Int. 2007;24(3):521-37

## Can We Regenerate Cartilage with Light and Laser Therapy

We know that light and laser therapy has been shown to enhance collagen production and cartilage repair. However, it would be nice to know if we could help regenerate cartilage as well. This study looked at the thickness and strength of damaged cartilage in rabbits after laser therapy. Their conclusion was that laser therapy significantly enhanced the stiffness of the cartilage after approximately 8 weeks of treatment. In this very early stage study, it does point out that laser therapy's ability to regenerate tissue might be a promising area of research. It might be interesting to see a study with 3 groups, one getting laser, one getting placebo, and one getting laser with glucosamine and chondroitin sulfate! J Photochem Photobiol B.2007 Mar;85(3):207-12

## Infrared Light Therapy May Benefit Stroke Patients

One area that is being extensively studied is the effect of laser therapy on nerve damage. This study shows that infrared laser therapy has shown initial safety and effectiveness for the treatment of stroke. 90 days after treatment, the laser treated group had much better outcomes than the control group. This suggests that you start treating stroke patients! Remember that the only indication approved by the FDA for laser therapy is the treatment of pain. However, this does point out the potential effectiveness of laser therapy for stroke. Stroke.2007 Jun;38(6):1843-9.

## Another Study Confirms that Laser Helps Tennis Elbow

Palmer College. He is in private practice near San Francisco using manual therapies and lasers in a practice with a physician. He has published 3 books, more than 20 journal articles, and has been extensively interviewed on radio and television. Dr. Turchin is the author of the new text, *Light and Laser Therapy: Clinical Procedures*, described as the authoritative text on clinical laser treatment as well as *Treating Addictions with Laser Therapy*, the only book published on this unique subject.

Thirty-nine patients with lateral epicondylitis received nine sessions of laser therapy. Significant improvements were shown in all outcome measures with the laser group than with the placebo group. The study was effective in relieving pain, improving grip strength and physical function. This study confirms the effectiveness of laser therapy showing significantly improved healing of tennis elbow with laser therapy. *Photomed Laser Surg.* 2007Apr;25(2):65-71

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I will try to bring you unbiased, evidence based information every month to help you understand the most exciting treatment modality.

If you would like to see any particular topics or have any comments or suggestions, please contact me at Turchin, MA, DC at: [dr.turchin@yahoo.com](mailto:dr.turchin@yahoo.com) (yes, that is dr dot turchin @ yahoo.com)

**Sincerely,**  
Dr. Curtis Turchin