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### About the Author

Curtis Turchin, M.A., D.C. has a bachelor's degree in pre-medical studies from the University of Southern California, a master's degree in Special Education from San Francisco State University, and a doctor of chiropractic from 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.



I would personally like to thank our returning subscribers for your support of our online Journal of Light and Lasers. Your feedback is always appreciated, and we will continue to offer our free newsletter to you. If, at any time, you are NOT interested in receiving this journal on the scientific effects of light and laser therapy, please click on the unsubscribe icon at the bottom of this newsletter.

#### LASER IMPROVES ATHLETIC STRENGTH!

The biceps of ten volleyball players were treated with an 830 nm wavelength, 100 mW laser immediately before exercise. In this well controlled study, all subjects performed biceps contractions with a load of 75% of the maximum voluntary contraction force until exhaustion. After active laser treatment, the mean number of repetitions was significantly higher than after placebo treatment. The researchers concluded that 830 nm laser treatments can delay the onset of skeletal muscle fatigue in high-intensity exercises. This is another study that confirms that, not only is laser an effective therapy for all types of pain and tissue damage, but it also prevents fatigue and may prevent muscle damage!  
*Lasers Med Sci. 2008 Jul 23.*

#### CAN LASER CURE CATARACTS?

It is well known that we need to avoid exposing the eyes to laser radiation, especially with any "hot" laser. Yet, many experts say that with cold lasers (low level laser therapy), the risk is minimal. But, can lasers actually help eye problems? In a recent article (*Photomed Laser Surg. 2008 Jun;26(3):241-5*), low level (cold) laser therapy was used to treat over 200 patients with macular degeneration (cataracts). A wide number of measures of visual acuity were measured at each visit. It was found that low level laser therapy significantly improved visual acuity! The prevalence of visual defect due to retinal damage, areas of visual loss, and color blindness, were all reduced. In a number of patients, edema and bleeding also improved. The improved vision was maintained for 3-36 mos. after treatment and no adverse effects were observed in those undergoing therapy! A significant body of knowledge continues to support the probability that it is safe to use low level or cold lasers in and around the eyes. Obviously, any "hot" laser would cause grave risk of ocular damage. This study points out the safety of cold lasers and helps to establish the difference between cold and hot lasers in terms of safety.

#### LASER THERAPY PROVEN TO HELP TENNIS ELBOW

Recent reviews have claimed that low level laser therapy is ineffective in lateral elbow tendinopathy (tennis elbow). This study did a meta-analysis to find out what the best studies demonstrated to see if this claim was true. In this study, 13 randomized clinical trials met the criteria for meta-analysis. It was found that in the studies where acupuncture points were treated, the studies produced less favorable results than in studies where the laser treatment was focused on the area of tissue damage. The researchers concluded that LLLT administered with optimal doses, directly to the lateral elbow tendon insertion, provides pain relief and less disability. *BMC Musculoskelet Disord. 2008 May 29; 9: 75.*

#### LASER MAY REDUCE OSTEOPOROSIS.

It has been well documented that laser therapy is able to accelerate the repair of bone fracture. However, little attention has been given to the effect of laser on bone with osteoporosis. Rats were divided into five groups with varying types of osteoporosis and therapy combinations. All groups were exposed to an 830 nm cold laser. Some rats received just laser, others received only medication, similar to Fosomax and Boniva (bisphosphonate), and others were given medication, laser plus medication or placebo. It was concluded that the laser therapy group with medication was superior to medication alone. This helps to substantiate that laser, in conjunction with medication, may be the most effective way to reverse osteoporosis and is superior to medication alone. Because of the high incidence of osteoporosis and osteopenia and the known side effects of these popular medications, this study could provide some answers for safe osteoporosis treatment. *Lasers Med Sci. 2008 Jul 22.*

#### Laser Therapy Training:

Give us a call if you are interested in laser therapy training. We have trainers that give regular classes in many parts of the country and provide you with the science and art required to provide successful treatment: Call us at: 1-866-789-7456.

Laser Therapy training is an invaluable tool for mastering the art of laser therapy.

Please visit the website at: <http://www.apollopt.com/LightandLaser/courses.php> to learn more about upcoming conferences:

**October 11th and 12th.** Saturday and Sunday, 2 day Advanced Light and Laser Course in Colorado brought to you by Jon Fox. For more info contact Jon Fox at: [jon@coldlasertherapies.com](mailto:jon@coldlasertherapies.com) or call 303-952-5012

**November 8th and 9th.** Saturday and Sunday in Portland, Oregon. LASER AND MOBILIZATION COURSE FOR DOCTORS AND THERAPISTS.

**December 6th** in Dallas, Texas LASER AND MOBILIZATION COURSE FOR DOCTORS OF CHIROPRACTIC.

#### Thank you!

I will try to bring you unbiased, evidence based information on a regular basis to help you understand this new and exciting modality.

If you would like to see any particular topics or have any comments or suggestions, please email me, Curtis 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

