

e-Journal of Light and Lasers

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TRAINING COURSES:

Oct 8-11 Amer Acad Pain Management, Phoenix

Oct 31-Nov 1 Palmer College, San Jose

Nov 7th San Francisco Bay Area Therapists & Doctors Lasers, Light and Manual Therapy

[Looking to purchase a laser? Click here for lasers currently available](#)

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

[Gray_Apollo_Banner_Header](#)

If you have a friend or colleague, who is interested in light and laser therapy, please forward our online journal to them. Forwarding is easy and is located at the bottom of the newsletter. Thanks for your support!

CAN LASER LOWER BLOOD PRESSURE? - YES!

This study (J of Chiro Med, 2008 Dec; 7(4): 134-9.) reports on the effects of laser acupuncture on blood pressure, body weight, and heart rate variability by stimulating acupuncture points and meridians. Because it was done on humans and is a randomized trial, it is especially interesting. Forty-five patients were recruited in the study. The acupuncture points used in this study were LI 4 and LI 11 for body weight and blood pressure. The treatment groups received 16 J of laser energy output for a total treatment time of 8 minutes (4 minutes for each of the 2 points). After using the laser treatment for 90 days (at least 12 treatments per subject), both the systolic and diastolic blood pressures decreased significantly ($P < .01$). The subject's body weight was reduced in the active treatment group, but the weight reduction did not reach a level of statistical significance. It was concluded that low-level laser treatment of acupoint resulted in lower blood pressure by stimulating the LI 11 and LI 4.

CAN LASER MAKE SURGERY MORE SUCCESSFUL? - YES!

The aim of this randomized controlled animal trial was to assess the effects of laser and low-level laser therapy (LLLT) on healing after oral surgery. They compared surgery with a scalpel or a surgical laser and LLLT and then assessed specimens with microscopic inspection. Areas of increased cell growth were observed in the epithelia of the laser surgery groups. A significant increase in epithelial thickness was found, suggesting increased scar tissue after wound repair and additional healing factors at work. They concluded that LLLT used for soft tissue operations provides better and faster wound healing than using a scalpel, and LLLT enhances epithelialization when used with a surgical laser. (Photo Med Laser Surg. 2009 Aug 27.)

GOLDILOCKS AND THE THREE BEARS: YOU NEED THE RIGHT DOSE

This study (Photomed Laser Surg. 2009 Aug 26) looked at the clinical effectiveness of Low Level Laser Therapy (LLLT) in the treatment of soft tissues, specifically tendinopathy. They also looked at the validity of current dosage recommendations. Twenty-five controlled clinical trials met the inclusion criteria. In the 12 positive studies that showed significantly positive effects, the dosages used closely resembled current recommended guidelines. That means that if your laser is too hot or you have a very low power laser, the likelihood of excellent results is more limited. It is like Goldilocks and the Three Bears. You want to use a laser that is not too hot and not too cold! With tennis elbow the participants' grip strength was 9.59 kg higher than that of the control group! And for participants with Achilles tendinopathy, the effect was 13.6 mm less pain on a 100 mm visual analogue scale! Their conclusion from this well controlled study is that LLLT can be effective when recommended dosages are used. The 12 positive studies provide strong evidence that positive outcomes are associated with the use of current dosage recommendations for the treatment of tendinopathy. Not too hot and not

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 subject.

Newest_Logo_08

too cold! You need a laser that is just right, like the Apollo, the world's most powerful, cold laser.

San Francisco Bay Area classes coming in October and November!

See the links to the left to sign up for classes coming up in San Francisco Bay Area. Classes coming soon to New York/New Jersey, Boston, Dallas, and Minnesota.

Seminars for Therapists and Doctors: American Academy of Pain Management; Palmer College; San Francisco Seminar

Our trainers provide regular classes in many parts of the country and supply you with the science and art required to offer successful treatment: Call us at: 1-866-789-7456.

Let us know if you want to sponsor a class for doctors or therapists.

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

Therapists and Doctors: Phoenix, AZ: American Academy of Pain Management, **October 8th-11th**, Apollo will be presenting protocols on how to use laser prolotherapy. **Yes, you can stabilize joints with a powerful, cold laser!**

Doctors of Chiropractic: San Francisco Bay Area: Palmer College will host our Success Strategies seminar for doctors of chiropractic, **October 31st and November 1st**

Therapists and Doctors: San Francisco Bay Area: Light, Lasers, and Manual Therapy will be the title of a course for **therapists and doctors** on **November 7th**. How to use light and lasers and integrate them with joint mobilization and other manual therapies. Sponsored by Dynatronics and Apollo.

Online classes

See our online and DVD class sponsored by a leader in therapy education: [Exploring Hand Therapy](#)

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 (yes, that is dr dot turchin @ yahoo.com)

Dr.Turchin

Sincerely,

Dr. Curtis Turchin

Click on "Forward email" below to send to a friend or colleague