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thrive chiropractic
wellness centre

Healing Achilles Tendonitis

Based on personal experience, achilles tendonitis is one of the worst injuries you can have. Not only does it completely incapacitate you (I went from playing 6 hours of ultimate a week to driving to work every day since walking was too painful), but it takes forever to heal.

That's why I read with great interest an article published in the American Journal of Sports Medicine (2008; 36(5):881-887). This study testing the effects of low intensity laser therapy and specific exercise for achilles tendonitis.

52 athletes were divided into two groups. One group was given low intensity laser therapy and strengthening exercises, while the

other was given fake laser (machine not turned on) and the strengthening exercises.

Results showed that the low intensity laser group had significant improvements in pain and all other measured factors at 4, 8 and 12 weeks after the initial treatment, when compared to the exercise only group.

This is only one study looking at achilles tendonitis treatment, and so much more research needs to be done. However, it does show some promise for the use of low intensity laser therapy. In fact, it was this treatment, coupled with some acupuncture that finally got this [Vancouver Chiropractor](#) back on the road to health.

Low Intensity Laser Therapy

We are excited to be able to offer low intensity laser therapy for sports injuries, arthritis and many other chronic or degenerative conditions.

This exciting new technology involves the application of light energy in order to penetrate the tissues of your body. These particles of energy are absorbed by a variety of molecules within your cells, a process that initiates a number of positive physiological responses.

In essence, light energy is converted

into biochemical energy. The result is that normal cell structure and function are restored. The characteristics of the therapeutic light beam permit penetration of deep tissues without affecting normal cells.

It should be noted that the treatment aims to cure the pathology, rather than control the symptoms.

For more information, or a full list of conditions treated please consult our [laser therapy webpage](#). Or, you can [contact us](#) for more details.

Upcoming Office Closures

Chiropractic care will not be available August 29th and 30th, or Sept 1st, 2008.

Normal office schedule will resume Tuesday September 2, 2008.

Topics in this issue:

- Healing Achilles Tendonitis
- Low Intensity Laser Therapy
- Upcoming office closures

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