



# Healing with Light

By Melanie Olsen

**P**ain. Chronic or acute. No matter what type of pain you suffer with, it affects how you live. But what if you found a therapy that not only reduces your pain, but also stimulates healing by accelerating tissue repair and regenerating your own cells? And leads you to a pain-free life?

Dr. Mallory Hertz, PT, DPT, of FYZICAL® Therapy & Balance Center describes that laser uses "photobiomodulation meaning that it uses light to make a change in the tissues. Unlike other modalities, like ultrasound, this actually stimulates two different healing cascades to start within the cells, in addition to reducing pain and inflammation." With a gentle therapeutic beam, you may feel a soothing warmth during your treatment. "The light is applied in

a pulsed, not continuous, beam so it doesn't heat the tissue quite as much. This allows us to put more laser light in without the risk of overheating the tissues." Dr. Hertz explains.

Aspen Laser Therapy has been clinically proven to not only reduce pain and inflammation, but to effectively treat their underlying causes by stimulating healing. Conditions proven to benefit from laser therapy include back and neck pain, fibromyalgia, sprains and strains, arthritis, connective tissue injuries, muscle spasms, bursitis, plantar fasciitis and post-injury pain. And that's the short list!

The first session is free. And there is no referral needed. Additional sessions are offered at special

FYZICAL pricing. "It's actually an effective modality for healing. We can use it for pretty much anything. Headaches, TMJ, abdominal pain, joint pain, pelvic pain, surgical pain, tissue healing. Even sinus infections!" Dr. Hertz shares. "Every cell in your body can use energy, so why not give it an energy boost?!"

FYZICAL® Therapy & Balance Center is located at 101 Tower Road, #110, Dakota Dunes, South Dakota. Call them today at 605.217.4330 to discover how laser therapy can help you live a pain-free life or visit [www.fyzical.com/dakota-dunes-sd](http://www.fyzical.com/dakota-dunes-sd) to learn more. FYZICAL. Spelled different because we are different!



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