

# ASPEN LASER

## Medical Associations Now Recommend Laser Therapy



### **The National Center for Complementary and Integrative Health (NCCIH)**

NCCIH is the Federal Government's lead agency for scientific research on complementary and integrative health approaches.

Recommendation for Laser Therapy: *"A review of 15 studies (1,039 participants) of **low-level laser therapy** for **low-back pain** found evidence that it may be beneficial, but only with **higher laser doses**"*

Link:

<https://www.nccih.nih.gov/health/low-back-pain-and-complementary-health-approaches-what-you-need-to-know>



### **The American College of Physicians**

Recommendation for Laser Therapy: *"For patients with **chronic low back pain**, ACP recommends that physicians and patients initially select non-drug therapy with exercise, multidisciplinary rehabilitation, acupuncture, mindfulness-based stress reduction, tai chi, yoga, motor control exercise (MCE), progressive relaxation, electromyography biofeedback, **low level laser therapy**, operant therapy, cognitive behavioral therapy, or spinal manipulation."*

Link:

<https://www.acponline.org/acp-newsroom/american-college-of-physicians-issues-guideline-for-treating-nonradicular-low-back-pain>



### **The American Academy of Orthopaedic Surgeons (AAOS)**

Recommendation for Laser Therapy: *"FDA-approved **laser treatment** may be used to improve pain and function in patients with **knee osteoarthritis**."*

Link:

<https://www.aaos.org/globalassets/quality-and-practice-resources/osteoarthritis-of-the-knee/oak3cpg.pdf>

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## American Physical Therapy Association (APTA) Orthopaedic Section

Recommendation for Laser Therapy: *“Heel Pain—Plantar Fasciitis: Clinicians may use **low-level laser therapy** to reduce pain and activity limitations in individuals with **heel pain/plantar fasciitis.**”*

Link: <https://www.jospt.org/doi/full/10.2519/jospt.2014.0303>



## American Physical Therapy Association (APTA) Orthopaedic Section

Recommendation for Laser Therapy: *“Neck Pain: For patients with **chronic neck pain** with mobility deficits; Clinicians should provide a multimodal approach of the following: Dry needling, **laser**, or intermittent mechanical/manual traction. For patients with **acute neck pain** with radiating pain; Clinicians may provide mobilizing and stabilizing exercises, **laser**, and short-term use of a cervical collar.”*

Link: <https://www.jospt.org/doi/10.2519/jospt.2017.0302>



## American Physical Therapy Association (APTA) Orthopaedic Section

Recommendation for Laser Therapy: *“**Achilles Tendinitis**: Clinicians should consider the use of **low-level laser therapy** to decrease pain and stiffness in patients with **Achilles tendinopathy**. Clinicians should consider the use of **low-level laser therapy** to decrease pain and stiffness in patients with **Achilles tendinopathy.**”*

Link:

[https://www.orthopt.org/uploads/content\\_files/files/Achilles%20CPG%20Final%20For%20Review%205.3.17.pdf](https://www.orthopt.org/uploads/content_files/files/Achilles%20CPG%20Final%20For%20Review%205.3.17.pdf)



## International Association For The Study Of Pain

Recommendation for Laser Therapy: *“**Myofascial pain**: **Laser therapy** shows strong evidence of effectiveness for pain relief”*

Link: <https://www.iasp-pain.org/>

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## The World Health Organization

Recommendation for Laser Therapy: *“Treatments for Neck Pain (Noninvasive and Invasive) -videos, mobilization, manual therapy, exercises, low-level laser therapy, and perhaps acupuncture appeared to have some benefit.”*

Link:

[https://journals.lww.com/spinejournal/Fulltext/2008/02151/The\\_Bone\\_and\\_Joint\\_Decade\\_2000\\_2010\\_Task\\_Force\\_on.4.aspx](https://journals.lww.com/spinejournal/Fulltext/2008/02151/The_Bone_and_Joint_Decade_2000_2010_Task_Force_on.4.aspx)



## Multinational Association of Supportive Care in Cancer (MASCC)

Recommendation for Laser Therapy: *“A recommendation for the prevention of oral mucositis with intraoral PBM therapy in patients who undergo HSCT”*

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7540329/>



## Multinational Association of Supportive Care in Cancer (MASCC)

Recommendation for Laser Therapy: *“For centers able to support the necessary technology and training, LLLT be used to attempt to reduce the incidence of oral mucositis and its associated pain in patients receiving high-dose chemotherapy or chemoradiotherapy before HSCT”*

Link: [https://www.mascc.org/assets/documents/Guidelines\\_mucositis.pdf](https://www.mascc.org/assets/documents/Guidelines_mucositis.pdf)