Research Summary

How Laser Therapy Works

Dr. Thiel has done in-depth research into low intensity laser therapy (LILT or LLLT) and has found many interesting articles from various sources. The general findings of each of these articles are outlined below.

Low Intensity Light Therapy: Exploring the Role of Redox Mechanisms

Tafur, J.
Photomedical Laser Surgery, published August 2008.

The mitochondrial electron-transport chain has been shown to be photosensitive to red and near-infrared light. Although the underlying mechanisms have not been clearly elucidated, mitochondrial photo-stimulation has been shown to increase ATP production and cause transient increases in reactive oxygen species. However, LILT therapy was more advantageous and effective at lessening the symptoms of severity, pain alleviation, and increased patient satisfaction.

Research Summary

The Efficacy of Low-Power Lasers in Tissue Repair and Pain Control: A Meta-Analysis Study

Chukuka, S., et al.
Photomedicine and Laser Surgery, Published 2004.

The conclusion of this study indicated that laser phototherapy is a highly effective therapeutic form of treatment for tissue repair and pain relief.

Low Intensity Laser Therapy Effects on Cell Proliferation and Differentiation: Review of the Literature

Henriques, A., et al.
Revista do Colégio Brasileiro de Cirurgiões, Published August 2010.

Low Intensity Laser Therapy has been recognized as an anti-inflammatory and analgesic therapeutic modality. It has also been well established that it is effective in tissue repair. Low intensity laser therapy has a property that stimulates cell proliferation during wound healing.

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