

Discover the miracle of cold laser therapy

Patti Powell traces her shoulder pain to 1991 and a bad idea. "My husband and I were out on our boat, and I had gotten into the water. When it was time to go back to shore, I didn't want to climb back into the boat, so I told my husband to drag me back while I hung on. The next day my neck and shoulder were a little sore."

They stayed sore for some time. When Patti finally realized that her injuries weren't going to heal on their own, she started seeking medical advice. "One doctor told me I'd developed bursitis. Another called it tendonitis. Someone prescribed a series of exercises for me, but I was lazy about doing them on a regular basis," Patti admits. "The pain continued to bother me over the years, but not enough to take any serious action. I would take an anti-inflammatory medicine and be on about my business."

That approach worked for Patti until March 10, 2007.

"It was a Saturday," she recalls. "I woke up and could not lift my arm more than about eight inches from my side."

"My husband told me I needed to see a chiropractor. Even though I'm a nurse and tend to side with traditional medicine, something moved me to follow his advice. I have a friend who works in a chiropractic office, and I called her about my problem. She scheduled an appointment for me with Dr. Thomas Kovacs that Monday."

Thomas J. Kovacs, Jr., DC, and Cecil E. Ashby, III, DC, see patients at Atlantic Wellness Center in Flagler Beach, and their practice employs a number of leading-edge approaches to treating the type of pain Patti experienced.

Enter LLLT

"When I met Patti, she came in holding her arm. She had no range of motion, no movement in that arm," recalls Dr. Kovacs.



FHN PHOTO BY NERISSA JOHNSON

FEELING THE LIGHT! Once unable to lift her arm to get dressed, after her sixth treatment Patti was able to assume the combination pose ballerinas use.

"Even passive motion, where I would raise her arm myself and let it fall back to her side, caused her severe pain."

"Although I was confident that traditional chiropractic adjustments could eventually bring Patti relief, I recommended that we also use low level (cold) laser therapy [LLLT] to speed the healing process. This modality is noninvasive and FDA cleared for adjunctive use in pain-relief therapy. We have seen improvements using adjunctive low level laser therapy in as few as three to five treatments; the same injuries treated with other traditional mo-

dalities alone often require more treatments to see improvement."

Dr. Kovacs explains that LLLT uses cool red laser light to stimulate the healing mechanisms in injured cells. It is effective in both acute and chronic pain reduction. "More than 1,500 articles have been published about the studies performed on the healing attributes of laser energy," Dr. Kovacs informs. "Researchers found that a 635-nm laser delivered a highly therapeutic effect for a number of complaints, including arthritis; carpal tunnel syndrome; sciatica; neck and shoulder injuries; knee, ankle, and low back pain;

headaches; neuropathy; and sinus problems."

Dr. Ashby adds, "The laser energy reaches damaged cells and re-activates their healing mechanisms, paving the way for greater progress with physical therapy and helping the body make better use of dietary nutrients," he describes. "It is an excellent option for patients who want their health restored, as opposed to having their symptoms

age, and is also safe for people with pacemakers."

Pleasant surprise

"When I met Dr. Kovacs, I had a lot of questions about how useful his treatments would be," reminds Patti. "He was able to answer them all to my satisfaction and gave me realistic expectations."

"He told me that even though I could expect pretty dramatic results after my first treatment, the improvement wouldn't last more than a day or two. He urged me not to be discouraged: As the treatment progressed, my improvements would be long lasting."

"It all happened just as Dr. Kovacs described."

"Dr. Kovacs adjusted my shoulder and treated me with LLLT the first day I saw him, and

by that evening I was able to lift my arm half-way up. After my second treatment, I could raise my arm to shoulder level, and by the time I went in for my sixth treatment, I showed him I could place my arms in that combination pose ballerinas use, with one arm curved overhead and the

Cecil E. Ashby, III, DC
Thomas J. Kovacs, Jr., DC

ATLANTIC WELLNESS CENTER

212 Moody Blvd. • Flagler Beach
(386) 439-0005

masked with medication. Another bonus is that no negative side effects have been reported as a result of treatment with LLLT."

Atlantic Wellness Center employs the Erchonia laser, the only laser that is FDA cleared for pain relief. It was chosen by the 2003 U.S. Postal Service cycling team at the Tour de France to provide rapid pain relief to team members.

"The Erchonia laser is a true laser, not a light-emitting diode, or LED," Dr. Kovacs points out. "A true laser has a precise and stable frequency, high-energy intensity, and a focused direction. An LED isn't as intense, its frequency is variable, and its energy is diffuse, more like a very strong household light bulb. Patients interested in receiving LLLT should be sure that they are being treated with a true laser to receive the benefits our patients enjoy."

Dr. Ashby adds that patients do not need to make special preparations to receive LLLT. Treatments are delivered in the comfort of the doctor's office, while the patient is dressed in his or her street clothes. Patients do not even have to remove their jewelry to receive this leading-edge treatment.

It can be used to treat any area of the body, and the type and location of the injury determines how long a treatment will last.

"LLLT can take as little as 20 or 30 seconds, or as much as 10 minutes, depending on what we want to accomplish," describes Dr. Kovacs. "Patients do not feel anything while the cold laser energy is applied, so longer treatments are not uncomfortable. LLLT is safe for anyone, of any

other curved in front of my waist."

"I'd lost a lot of strength and range of motion in my arm in the last 16 years," Patti points out. "Even though I compensated for it in my work as a hospice nurse, I had experienced difficulty getting dressed and doing other things for myself. My husband confided that if Dr. Kovacs hadn't been able to help me, he honestly thought I'd lose the use of my arm."

Today, Patti says she has regained at least 90% of the strength she had in her arm before her 1991 injury. She can raise her arms over her head or hold them at shoulder level. She can get dressed without assistance, is easing back into carrying things, and has shared her success story with LLLT and chiropractic with a wide circle of acquaintances.

"I'm amazed at my improvement, and thanks to Dr. Kovacs, I'm a true believer in chiropractic and in low level laser therapy."

FHCN—Billie S. Noakes

LLLT has been shown to be effective in relieving pain from the following:

- Joints: ankle, knee, hip, shoulder, elbow
- Muscle strains, including in neck and back
- Carpal tunnel syndrome
- TMJ
- Herpes zoster/postinfection neuralgia

LLLT is also useful in wound repair — even for chronic ulcers that have persisted for months and have been resistant to healing.

Dr. Kovacs has written a new booklet, which can help you determine whether you might be a good candidate for cold laser therapy.

It is available absolutely free for a short time by calling toll-free (888) 463-6047, 24 hours a day, 7 days a week.

THE BOOKLET OUTLINES:

- How cold laser therapy works • Why the therapy is so safe
- How top athletes such as Lance Armstrong, Tiger Woods, and NFL players have been helped by the therapy
- How patients can achieve relief from neck and shoulder pain, carpal tunnel syndrome, rotator cuff pain, and trigger finger
- What treatments are like • How many treatments may be needed

CALL TO ORDER YOUR COPY TODAY.



Cecil E. Ashby, III, DC, graduated magna cum laude from Life University, Marietta, GA, where he received his doctor of chiropractic degree. He completed his undergraduate

studies at West Virginia University, Morgantown. He is a member of the Florida Chiropractic Association.



Thomas J. Kovacs, Jr., DC, completed his undergraduate studies at University of Central Florida, Orlando, and received his doctor of chiropractic degree from Northwestern Health Sciences

University, Bloomington, MN. In addition to his qualifications in chiropractic, Dr. Kovacs is a former licensed massage therapist and a member of the Florida Chiropractic Association.