



LED Light and Laser Therapy for Muscle and Joints

The body has a natural response to muscle and joint injury by creating inflammation to bring molecules to the site of injury and repair. In an ideal situation when your body is at peak health this repair process, works very well. But when *factors of disease* limit the body's natural healing response process then additional strategies are needed to enhance the body's healing process.

The MILTAPOD which stands for **M**agnetic-**I**nfrared-**L**aser-**T**herapy-**L**ight-Emitting-**D**iode is a tool that can be used to stimulate the cells in the repair process.

How does it work?

The key mechanism of the MILTAPOD is the absorption of light by mitochondria, leading to increased energy supply to cells. Mitochondria – the power station of the body that supplies energy – can absorb and be stimulated by light of different wavelengths. There are three effects - the thermal effect increases nerve conduction and blood vessel dilation; the bioelectric effects cause an increase in cellular action so cells are able to work harder; and the biochemical effect increases energy production, tissue repair and healing response.

Muscle and Joint conditions that can be treated with the MILTAPOD include the following:

- Ankle joint arthritis
- Ankle spurs
- Carpal tunnel syndrome
- Fractures
- Muscle sprain and strain
- Frozen shoulder
- Herniated disc
- Hip joint arthrosis
- Osteoarthritis
- Rheumatoid arthritis
- Pain therapy
- Sports improvement
- Tennis elbow
- Wrist and joint arthritis
- Post-surgery recovery

What to expect?

The MILTAPOD is a painless device that is applied to multiple areas on the body depending on the condition being treated. There are times when you will feel warmth and also a tingling sensation. There are no special considerations that are needed after treatment though at times the location of treatment may feel more sore for a few hours.

Treatments start at 2-3 times per week to reach the desired level of cellular stimulation. Normally 6 sessions are a minimum number of treatments that will result in therapeutic impacts. Because the MILTAPOD has an effect at the cellular level, the body actually repairs tissue as a result of increased stimulation. Effects tend to be permanent or require few maintenance treatments because it is not an external repair process that is being relied on.



*If you have further questions please speak to Dr. Anthony Moscar, ND who has a special interest in **Musculoskeletal issues**. For more information on the MILTAPOD, please visit our website at www.naturopathicfoundations.ca*