

## CHIROACTIVE

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Thanks for your interest in laser therapy. I am very pleased to be introducing the K-Laser into the practice as we aim to provide additional services and treatment options for our patients – especially those who have ‘difficult to treat’ conditions.

I have collated the following information to explain what Laser therapy does, what it may help with, and what you need to do to get started.

### **What is Laser Therapy?**

Laser Therapy, or “photobiomodulation”, is the use of specific wavelengths of light (red and near-infrared) to create therapeutic effects. These effects include improved healing time, pain reduction, increased circulation and decreased swelling. Laser Therapy has been widely utilized in Europe by chiropractors, physical therapists, nurses and doctors as far back as the 1970’s. Now, after FDA clearance in 2002, Laser Therapy is being used extensively in the United States.

### **Has effectiveness been demonstrated scientifically?**

Yes. There are thousands of published studies demonstrating the clinical effectiveness of Laser Therapy. Among these, there are more than one hundred rigorously controlled, scientific studies that document the effectiveness of Laser Therapy for many clinical conditions.

### **Cellular Effects of Laser Therapy**

During Laser Therapy the infrared laser light interacts with tissues at the cellular level, and metabolic activity increases within the cell, improving the transport of nutrients across the cell membrane. This initiates the increased production of cellular energy (ATP) that leads to a cascade of beneficial effects, increasing cellular function and health.

### **Laser Therapeutic Effects**

During each painless treatment, laser energy increases circulation, drawing water, oxygen, and nutrients to the damaged area. This creates an optimal healing environment that reduces inflammation, swelling, muscle spasms, stiffness, and pain. As the injured area returns to normal, function is restored and pain is relieved.

The K-Laser produces a combination of the following biological effects in the treated area:

- Anti-inflammatory effect
- Analgesic effect
- Enhanced vascular activity
- Immune regulation
- Improved nerve function
- Accelerated metabolic processes for faster healing
- Faster repair of damaged tissues (wounds, burns, tears, post-surgical sites)

### **What conditions can it be used for?**

Because of the nature of its effect, there are a large range of conditions which may respond to K-Laser treatment. Many musculoskeletal conditions may benefit. Amenable conditions may include: Lower back pain (including sciatica and disc injuries), muscle strains, tendinopathy, painful arthritic joints, bursitis, inflamed joints, postsurgical pain, shoulder pain including rotator cuff strains and bursitis, plantar fasciitis, knee pain, hip pain, tennis elbow, general strain and sprain injuries. Please ask about other conditions.

### **What does it feel like?**

There is little or no sensation during treatment. Occasionally one feels a mild, soothing warmth or tingling. Areas of pain or inflammation may be sensitive briefly before pain reduction.

### **How many treatments does it take?**

This depends on the nature of the condition being treated. For some acute conditions 1-2 treatments may be sufficient. Those of a more chronic nature may require 5 to 8 (or more) treatments. Clinically, it is realistic to expect that some patients will respond better than others, and some patients may not improve at all. Others may benefit from a periodic maintenance dose to maintain the initial improvements.

For the type of conditions seen in our clinic, we would typically expect to deliver treatment over 6 sessions. It is important to keep in mind that the effects of the treatment are cumulative over the course of treatment, meaning that the early response (or sometimes lack of response) may not reflect the ultimate outcome. For this reason, we do not recommend 'trying it out' for one or two sessions, as the benefit may be missed. We can discuss this further before commencement of your care.

### **COST OF CARE:**

K-Laser sessions will be billed as follows unless otherwise specified:

#### **LASER ONLY:**

**FEE FOR TREATMENT OF ONE BODY PART \$50  
(PACKAGE OF INITIAL AND FIVE SUBSEQUENT TREATMENTS \$300 UPFRONT)**

**FEE FOR TREATMENT OF TWO BODY PARTS \$60**

**FEE FOR TREATMENT OF THREE BODY PARTS \$70**

**NO MORE THAN THREE BODY PARTS WILL BE TREATED SIMULTANEOUSLY**

### **Chiropractic adjustment and K-Laser treatment at the same appointment:**

Chiro consult fee and an additional itemised charge of \$20- **(conditions apply)**

### **PLEASE NOTE:**

IT IS OUR UNDERSTANDING THAT HEALTH FUND REBATES **DO NOT** APPLY FOR LASER SESSIONS

## **MORE INFORMATION**

For your interest, you may enjoy the information provided on the following websites and YouTube videos:

K-Laser Australia website <http://www.k-laser.com.au/>

K-Laser UK website <https://klaseruk.co.uk/patients/>

K-Laser UK informational videos <https://youtu.be/jcLwNZPfGAg?list=PL0t1eG8WiyshOW8eCO2HogS5dURuT6yDh>

K-Laser Patient Education Video <https://youtu.be/iXg4mSo4pm4>

K-Laser USA Patient Education Video <https://youtu.be/h1dnlkTfamk>

# IMPORTANT

## BEFORE YOUR SESSIONS

**PLEASE NOTE** that there are some practical considerations prior to your K-Laser session:

- Make sure that the area to be treated is clean, and do not use any sunscreen, linament, cosmetics, deodorants, moisturisers or any other applications.
- Note that the treatment will need to be applied to bare skin, so please wear appropriate clothing or be prepared to partially disrobe to expose the area. Draping will be supplied as necessary to respect your modesty.
- It is important that you tell us all the relevant information about your condition.
- Please discuss with us any concerns.
- Please PRINT and complete the intake form prior to your consult.

## K-LASER INTAKE FORM

<b>Full Name:</b>	
<b>Address:</b>	
<b>DOB:</b>	
<b>Phone No:</b>	
<b>Emergency Contact:</b>	<b>Name:</b> <b>Relationship:</b> <span style="float: right;"><b>Phone No:</b></span>
<b>Email:</b>	
<b>Presenting Complaint:</b>	
<b>Referred by:</b>	
<b>Any other information:</b>	

**The following circumstances and conditions may affect your suitability as a candidate for K-Laser therapy. For some patients, additional precautions may be required. Please read it carefully and tick the boxes accordingly. We will discuss your answers with you.**

Y	N	Question
		Have you removed any cream or make up from the treatment area?
		Are you or could you be pregnant?
		Do you take medication?
		If yes, is the medication a photosensitizing drug?
		Have you been on Roacutane or Acne treatment at any time in the last 6 months?
		Did you receive a corticosteroid injection in the past 10 days?
		Do you have a pacemaker or other electronic implant?
		Do you suffer from epilepsy?
		Is there any current bacterial infection in the treatment area?
		Is there any ulceration in the area to be treated?
		Is there any very recent bruising in the area to be treated?
		Do you have any tattoos or darkly pigmented spots or patches in the affected area?

**I declare that the above information is true to the best of my knowledge:**

**Name:**

**Signature:**

**Date:**

# INFORMED CONSENT FOR INFRARED LASER THERAPY

Laser therapy is a relatively safe and effective therapy for the relief of pain and the reduction of symptoms associated with mild arthritis and muscle pain. Laser also promotes relaxation of muscle spasm and promotes vasodilation.

The K-Laser device has TGA approval in Australia. The FDA has also cleared it for use in the USA and CE in Europe.

Pain relief from laser therapy may be dramatic and substantial, lasting for hours, days or weeks, however, your results may be minimal or insignificant.

Adverse effects from laser therapy are normally rare and temporary. They may occur from multiple causes including hypersensitivity of the skin or soft tissue, pre-existing health conditions, thermal effects, excessive pressure from the probe, and laser over-stimulation.

Laser light has the potential to damage the retina in your eyes if the correct protective eyewear is not worn.

## SAFETY, SIDE EFFECTS AND ASSOCIATED RISKS OF CARE

During more than twenty years of use by healthcare providers all over the world, very few side effects have ever been reported. Occasionally some old injuries or pain syndromes may feel aggravated for a few days, as the healing response is more active after treatment.

Class 4 lasers can cause damage to the retina of your eyes through direct or reflected exposure. You MUST always wear the laser protective glasses provided and follow your practitioner's instructions. We also have other safety protocols in place to prevent unintended exposure.

A very small number of patients who are taking certain medications, or who have medical conditions, may be vulnerable to mild burning of the skin or mild bruising. This can be calibrated for in subsequent sessions.

There are some contraindications to care and other considerations which we will cover with you prior to commencement.

If you have any questions or concerns about the treatment or your body's response to treatment, please raise them at the time of your treatment session, or if necessary contact us via the usual means.

The most Common adverse effects are:

- Temporary increase in pain the following day after laser therapy.
- Mild bruising from vasodilation or direct pressure of the handpiece.
- Temporary dizziness.
- Skin reaction from makeup and photosensitizing drugs.

**I have had explained to me, and understand the risks of laser therapy, have had the opportunity to discuss them with my treating practitioner and agree to the outlined treatment program.**

Patient signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please Print Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Staff witness: \_\_\_\_\_ Date: \_\_\_\_\_