

**ACUPUNCTURISTS
GUIDE
To
LASER THERAPY
And
MUSCULO-SKELETAL
INJURIES**

Edition 1

Kerry G. Tume
M.Ac.F. M.I.L.A.

© Southern Pain Control Centre 1994.

Copyright & Disclaimer

This publication is copyright. Other than for the purpose of and subject to the conditions prescribed under the Copyright Act, no part of it may in any form or by any means electronic, mechanical, micro-copying, photocopying, recording or otherwise) be reproduced, stored in a retrieval system or transmitted without prior written permission.

As to the date of publication of this manual the efficacy of using low level laser for therapeutic purposes, (including for any of the conditions referred to in this text) has not been proved. None of Southern Pain Control Centre., its officers, employees, and agents and the authors of this manual (collectively "SPCC") hold out that the application of Laser therapy will achieve all or any of the benefits referred to or implied in this text or in any other materials prepared by SPCC.

There may be other dangers or consequences associated with the use of low level laser therapy which are not referred to in this manual.

Whilst SPCC has taken care in the preparation of the information in this manual, no responsibility can be taken by SPCC for the way in which it is used. The purchaser operates their Laser equipment at their own risk.

SPCC will not accept any liability for any injury or damages resulting directly or indirectly from the use of any Laser unit, any associated equipment, or the information contained in this manual or any other materials or advice provided by SPCC to the purchaser or any officer, employee or agent of the purchaser.

SOUTHERN PAIN CONTROL CENTRE

**24 Fremantle Road
Port Noarlunga South
SOUTH AUSTRALIA, 5165**

FORWARD.

BY DR. DONALD K. BARTRAM
B.D.S. Bachelor.Acupuncture

Mem. Complimentary Medicine Assoc. of Australia
Mem. Assoc. of Health Practitioners
Mem. Occidental Institute Research Foundation
Mem. International Assoc. of Oral Medicine & Toxicology
Mem. American Academy of Biological Dentistry
Mem. Environmental Dental Association
Mem. International Academy of Laser Dentistry
Pres. Biophoton Research Group

Laser is a term that most people understand particularly when related to those lasers that have been used in medicine and in particular have been associated with surgical procedures.

These "hard lasers" should not be confused with the much lower powered, biostimulatory lasers used for healing procedures in low level laser therapy.

Early laser research was with Helium Neon or Argon lasers while these days diode lasers are more popular. Lasers utilising diodes are now available with a wide variety of wavelengths and power outputs which have allowed greater choice in treatment possibilities as well as very accurate treatment doses. Low Level Laser therapy can be used as a treatment modality either on its own or combined with other therapies in a great variety of situations to provide enhanced treatment results.

While speaking at the International Conference for Laser Dentists in Hawaii in 1992 I was able to elaborate on removal of various interference fields from in and around the jaw using traditional techniques such as homeopathics and neural therapy and the recent advances made in this area now that diode lasers of the appropriate wavelengths and power are available. Treatment of patients is now more comfortable and well accepted and less stressful to both the patient and practitioner. Results also appear to be more successful in both the immediate as well as the longer term.

Musculo Skeletal work is now a major area of application of low level laser therapy, with the lasers aiding in both the removal of damaged products from the tissue as well as increasing proliferation, healing usually occurs quickly with few complications thus making this technique very valuable in this area of medicine.

Even some conditions like whiplash injuries which have previously proved both very difficult to treat and also to obtain long lasting healing improvements may now be treated successfully using low level laser therapy. There appears to be a vast future for low level lasers including uses in the field of acupuncture analgesia as well as with treatments utilising the transfer of electro-magnetic information along with the laser beam into the tissue.

I sincerely recommend this book to all Clinicians and Health Professionals and I feel that the knowledge contained within it is both extensive and usable particularly as it is based on many years of both theoretical and practical experience of a father and son team who have extensive knowledge in acupuncture, lasers and electronics, and who run a very successful Pain Clinic as well as manufacturing a wide variety of extremely good laser equipment while not losing the ability to also provide custom-made equipment for the practitioner who has very particular requirements.

I wish both Kerry & Sean well with their book.

DON BARTRAM
March 1994

INDEX

Abdominal Muscle Strain	34
Achilles Paratendonitis	31
Achilles Tendon Pain/Tendonitis	25
Acne	1
Acromio-Clavicular Articulation Laxity	7
Acromio Clavicular Dislocation	7
Acupuncture	x
Acute Necrotic Gingivitis	2
Addiction Problems	43
Adductor Avulsion	19
Adductor Sprain	18
Adductor Strain	16
Adjunctive Treatments	x
Adjusting Dosages	v11
Agoraphobia	42
Anorexia Nervosa	43
Anterior Compartment Pain	24
Anterior Tibial Neuritis	32
Appendicitis	35
Appetite Reduction	43
Arthritis of the neck	15
Asthma -Bronchitis	39
Back Pain Lower	41
Back Pain Upper	40
Bakers Cyst	21
Biceps Brachii Strain/Bicipital Tendonitis	8
Biceps Bursitis	19
Biceps Tendonitis	14
Bladder-Prostrate	37
Bleeding Gums	1
Breech Foetus	39
Calcaneal Bursitis	26
Cancer	vi
Carpal Tunnel Syndrome	11
Cartilage Injury	22
Cartilage Ligament Injury	22
Cataract	6
Children - Treatment of	vi
Coccyx	41
Colitis	36
Conjunctivitis	6
Convulsions	43
Constipation	36
Coughing	40
Crohn's Disease	35
Croup	40
Cruciate Ligament Rupture	23
Deafness	7
Depression	42
Dermal Safety	i
Dermatological Problems	41
Diarrhoea	36

Dental Application	v
Direct Pulp Capping	3
Dislocated Finger	13
Dislocated Patella	22
Dupuytren's Contracture	15
Ear Problems	6
Eczema	41
Epilepsy	43
Epicondylitis Lateralis Humeri-(Tennis Elbow)	10
Epitaxis	7
Enuresis	37
Facial Muscle Spasm	1
Facial Paralysis	7
Fascia Lata Strain/Iliotibial Tract Pain	21
Fluid Retention	43
Fractured Clavicle	7
Fractured Distal Radius	13
Fractured Scaphoid	13
Freiberg's Disease	29
Frozen Shoulder	14
Gall Bladder	36
Ganglions-Wrist	11
Gastronemicus Muscle Strain	25
Gingival/Periodontal Treatment	2
Glaucoma	6
Golfers/Javelin Throwers Elbow	10
Hair Loss	6
Halitosis	1
Hallux Rigidus	30
Hallux Valgus	30
Hammer Toe	30
Hamstring Sprains/Strains	18
Handstanders Wrist	12
Headaches	6
Hemiplegia	44
Herpes Zoster	42
High Knee Hip Pain	16
Hip Articulation Pain	17
Hoffa's Syndrome	21
Hot/Cold Dull Ache Sensitivity	3
Housemaids Knee	19
Hyperactivity	43
Hypertension	44
Hypotension	44
Hypersensitive Teeth	5
Immune System	44
Influenza - Colds	40
Infantile Colic	35
Infertility	38
Inner Strap Muscle Pain	26
Interdigital Neuritis	33
Intermetatarsophalangeal Bursitis	32
Irritable Bowel	36
Jumpers/Dancers Heel	27

Kidney Insufficiency	37
Kidney Stones	37
Labour - Difficult	39
Labour Induction	38
Lactation Stimulation	39
Large Vessel Disease	33
Laser Techniques	viii
Lateral Igment Strain/Rupture	23
Liver Conditions	36
Lower Kneecap Pain	20
Low Level Laser - Introduction	i
Mallet Finger	12
March Fracture	27
Medial Ligament Strain/Rupture	23
Menieres Syndrome	7
Menopause	38
Metatarsalgia	28
Migraine Type Headaches	6
Morning Sickness	39
Mortons Neuroma	29
Mortons Syndrome	29
Multiple Sclerosis	44
Musculoskeletal Problems	40
Navicular Pain	28
Nausea	36
Neck Problems	15
Neurodermatitis	41
Neurasthenia	42
Olecranon Bursitis	9
Olecranon Fossa Pain	9
Old Scar Tissue	5
Orthodontics	5
Osgood Schlatters Disease	19
Osteitis Pubis Symphysis	16
Osteochondritis Dissecans	20
Outer strap muscle Pain	26
Over exposure	vi
Painful Heel Pad	31
Painful Menstruation	38
Paraplegia	44
Parasthesia - Damaged Nerves	5
Parkinsons Disease	44
Patella Femoral Pain Syndrome	20
Patella Tendonitis	20
Peptic Ulcer	35
Pericoronitis	2
Peridontal Surgery	4
Peripheral Neuritis -Upper Limb	15
Persistent Heartburn	35

Perspiration - Excessive	42
Plantar Fasciitis	28
Plantar Warts	34
PMT	38
Post Nasal Drip	1
Posterior Compartment Pain	24
Posterior Tibial Nerve Entrapment(Tarsal Tunnel Syndrome)	32
Pregnancy	v
Premature Labour	38
Pronator Teres Syndrome	11
Pruritis	41
Pruritis Vulvae	38
Psoriasis	41
Pulpal Problems	3
Pulp Testing	3
Quadriceps Injury	18
Quadriceps Insertion Pull	17
Quadriceps Muscle Pull	17
Radio-Humeral Articulation Injury	9
Radio-Ulnar Joint Sprain	14
Ratner Bone Cavities	4
Reflex Sympathy Dystrophy	33
Root Canal Treatment	3
Rotator Cuff Rupture	14
Ruptured Achilles Tendon	25
Safety - Eye Injuries & Eye Safety Measures	i
Salivation - Excessive	7
Schizophrenia	43
Semimembranosus Bursitis	21
Sesamoid Pain	28
Sinuses And Nasal Vault	1
Shin Splints	24
Small Vessel Disease	34
Soccer Players Ankle	27
Soft Tissue Lesion Removal	4
Sprained Ankle	27
Sprained Wrist	12
Stomatitis - Mouth Ulcer	1
Strabismus	6
Stress & Anxiety	42
Subacromial Bursitis	7
Subtalar Arthritis	31
Superficial Peroneal Nerve Injury	24
Surgery/Wound Healing	3
Tenosynovitis Of The Wrist	11
Thyroid Symptoms	45
Thumb Sprain	12
Tinnitus	7
TMJ Pain	5
Tonsillitis	5
Toothache	2
Tooth Extraction	2
Torn Biceps Tendon	14
Triceps Brachii Strain	9
Trochanteric Bursitis	17
Ulcerative Colitis	35

Ulnar Neuritis/Ulnar Nerve Pain	10
Urinary Incontinence	37
Urinary Retention	37
Viral Infection	39
Warts	42
Whiplash	15