

**A PRACTITIONER'S  
GUIDE  
To  
LASER THERAPY  
And  
MUSCULO-SKELETAL  
INJURIES**

**Edition 1 Joules Dosages**

**Kerry G. Tume      Sean Tume**

© 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**

## INDEX

Achilles Paratendonitis	55
Achilles Tendon Pain/Tendonitis	33
Acromio-Clavicular Articulation Laxity	2
Acromio Clavicular Dislocation	3
Acupuncture	x
Acute Necrotic Gingivitis	64
Adductor Avulsion	24
Adductor Sprain	23
Adductor Strain	19
Adjunctive Treatments	x
Adjusting Dosages	v11
Anterior Compartment Pain	36
Anterior Tibial Neuritis	58
Atypical Facial Pain	69
Bakers Cyst	30
Biceps Brachii Strain/Bicipital Tendonitis	3
Biceps Bursitis	24
Biceps Tendonitis	15
Broken Ankle Bone	44
Burns	70
Calcaneal Bursitis	41
Calluses	61
Cancer	vi
Carpal Tunnel Syndrome	9
Cartilage Injury	31
Cartilage Ligament Injury	33
Children - Treatment of	vi
Cruciate Ligament Rupture	35
Dermal Safety	v
Direct Pulp Capping	65
Dislocated Finger	13
Dislocated Patella	32
Dupuytrens Contracture	54
Ear Problems	67
Epicondylitis Lateralis Humeri-(Tennis Elbow)	6
Fascia Lata Strain/Iliotibial Tract Pain	30
Finger Split	11
Fractured Clavicle	1
Fractured Distal Radius	14
Fractured Scaphoid	14
Freibergs Disease	49
Frozen Shoulder	16
Ganglions-Wrist	8
Gastronemicus Muscle Strain	39
Gingival/Periodontal Treatment	63
Golfers/Javelin Throwers Elbow	6
Hallux Rigidus	52
Hallux Valgus	52
Hammer Toe	53
Hamstring Sprains/Strains	22
Handstanders Wrist	10
High Knee Hip Pain	18
Hip Articulation Pain	20

Hip Joint-Arthritis	70
Hoffa's Syndrome	29
Hot/Cold Dull Ache Sensitivity	64
Housemaids Knee	26
Hypersensitive Teeth	66
Inner Strap Muscle Pain	42
Interdigital Neuritis	59
Intermetatarsophalangeal Bursitis	56
Jumpers/Dancers Heel	43
Knee-Arthritis	70
Large Vessel Disease	60
Laser Techniques	viii
Lateral Igment Strain/Rupture	33
Leg Ulcers	70
Lower Kneecap Pain	28
Low Level Laser Intro.	i to x
Mallet Finger	12
March Fracture	45
Medial Ligament Strain/Rupture	33
Metatarsalgia	45
Migraine Type Headaches	69
Mortons Neuroma	48
Mortons Syndrome	50
Musculoskeletal Problems	67
Navicular Pain	46
Neurovascular Corn	61
Olecranon Bursitis	5
Olecranon Fossa Pain	4
Old Scar Tissue	66
Orthodontics	66
Osgood Schlatters Disease	25
Osteitis Pubis Symphasis	18
Osteochondritis Dissecans	26
Outer strap muscle Pain	41
Over exposure	vi
Painful Heel Pad	54
Parasthesia - Damaged Nerves	66
Patella Femoral Pain Syndrome	27
Patella Tendonitis	28
Pericoronitis	64
Peridental Surgery	66
Pes Cavus - Claw Foot	51
Plantar Fasciitis	47
Plantar Warts	62
Posterior Compartment Pain	38
Posterior Tibial Nerve Entrapment(Tarsal Tunnel Syndrome)	57
Pregnancy	v
Pronator Teres Syndrome	8
Pulpal Problems	64
Pulp Testing	64
Quadriceps Injury	23
Quadriceps Insertion Pull	21
Quadriceps Muscle Pull	21
Radio-Humeral Articulation Injury	5
Ratner Bone Cavities	66
Reflex Sympathy Dystrophy	58
Root Canal Treatment	65

Rotator Cuff Rupture	16
Ruptured Achilles Tendon	39
Safety - Eye Injuries & Eye Safety Measures	i
Sciatic Pain	70
Semimembranosus Bursitis	29
Sesamoid Pain	46
Shoulder/Neck Pain	69
Sinuses And Nasal Vault	68
Shin Splints	37
Small Vessel Disease	60
Soccer Players Ankle	42
Soft Corn	62
Soft Tissue Lesion Removal	66
Splay Foot	48
Sprained Ankle	44
Sprained Wrist	11
Stress Fracture Of Fibula	40
Stress Fracture Of Tibia	37
Subacromial Bursitis	1
Subtalar Arthritis	56
Superficial Peroneal Nerve Injury	36
Surgery/Wound Healing	65
Tenosynovitis Of The Wrist	10
Thumb Sprain	12
Tietze's Syndrome	69
TMJ Pain	67
Tonsillitis	67
Tooth Extraction	65
Torn Biceps Tendon	17
Treatment Guide	ix
Triceps Brachii Strain	4
Trochanteric Bursitis	19
Ulnar Neuritis/Ulnar Nerve Pain	7
Vertical Headache	69