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MAJOR LEAGUE RELIEF



Laser therapy provides non-invasive treatment for elite athletes and weekend warriors.

BY MIKE FROSTAD, ATC, GEORGE POULIS, MA, ATC, AND GLENN COPELAND, DPM

Athletic trainers and medical professionals specializing in sports medicine are bombarded with requests to try the latest rehabilitation and physical therapy devices. While it's important to stay abreast of new technologies and evaluate legitimate interventions, you don't want to waste time or money on modalities that have

more marketing behind them, instead of solid clinical evidence.

Class III lasers have been used in Major League Baseball for years and have proven effective. However, about a year ago, we started using a class IV laser with the Toronto Blue Jays and were impressed with the results.

In addition to expediting athletes' recovery

time after injury or surgery, the device also serves as an injury prevention tool. For example, by treating a starting pitcher's shoulder before every game, we warm up the joint, help prevent stiffness and optimize on-field performance.

The basic science behind laser therapy is compelling. Cells absorb the light and undergo significant positive changes. Studies have shown that impaired cells have a stronger response to laser light than healthy cells.¹ Light produces the most benefit where it's needed most.

Lasers work by impacting cellular function. Damaged cells absorb and become energized by photonic energy; this function has been documented with more than 2,000 clinical studies

JOHN CUPPA/SCOTT DERBY

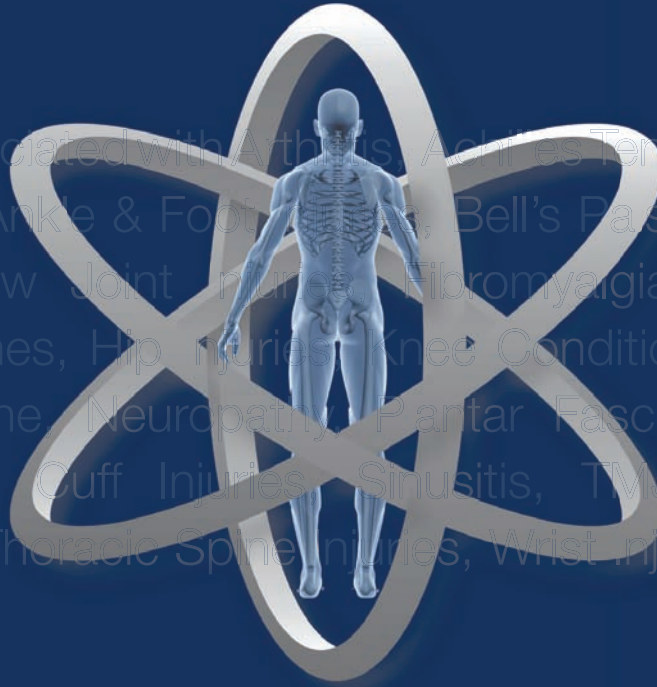
A close-up, artistic photograph of a woman's face in profile, looking towards the right. She is wearing dark sunglasses. The reflection in the lens of the sunglasses is the central focus, showing a female softball player in mid-swing on a grassy field. The player is wearing a white jersey with 'HUSKIES' and the number '10' on the back, black shorts, and a black knee brace. The background of the reflection shows a green field and other players. The overall image has a strong blue and purple color cast, giving it a dramatic, high-contrast appearance.

Mike Frostad, ATC, is athletic training and rehabilitation coordinator, **George Poulis, MA, ATC**, is head athletic trainer, and **Glenn Copeland, DPM**, is team podiatrist for the Toronto Blue Jays. Dr. Copeland is the former CEO of Cleveland Clinic Canada.

Shin splints. Mild improvement of shin splints occurs with 1 treatment. You can expect significant improvement after 3 to 4 sessions. Other modalities may take a week or longer to incite the same results.

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Ed Ryan

Head Trainer 2008 USA Basketball Team

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