

PALM LASER

Since my Twenties I have suffered with Back Pain. My condition is diagnosed as Lumbar Spondylosis, which manifests itself as inflammation of the joints between the vertebrae in the spine. In my case it is caused by Osteoarthritis aided and abetted by a couple of accidents in my early years. It is a chronic condition and the days that I am not in pain, to a greater or lesser extent, are few and far between.

I was offered an operation to fuse the vertebrae, but as there was a 50% chance of ending up in a wheel chair, I decided not to go down that road. The treatment that I have is a Non Steroidal Anti-inflammatory drug and pain killers, plus regular exercise in a Hydrotherapy Pool.

However, from time to time, the condition flares up and I have an acute and sustained attack of pain. On a visit to my Niece she introduced me to the Palm Laser and used it on my Lumbar Spine every day for some two weeks. By the end of this period I definitely felt a marked improvement in my level of pain and agility (my spine gets very stiff). Each application of the Palm Laser was for approximately 10 minutes. I continued to use it each day for about three weeks, and then cut down the treatment to about three times a week.

I have tried just about every treatment going for the relief of the condition, e.g., weeks of injections into the muscles around the area affected. For many years I went to an Osteopath. I have attended several pain clinics, all to no lasting effect. Consequently, when I was introduced to the Palm Laser, I was delighted with the result. It is not a cure for the condition, but it does give a very good level of pain relief so much so, that I now have one of my own.

I am delighted to find that the Palm Laser treats almost any condition. I use it regularly to treat a condition called Plantar Fasciitis (inflammation of a layer of fibrous connective tissue in the sole of the foot). This really makes walking very painful. Conventional treatment is rest, wearing shoes with a thick sole and sometimes an injection of corticosteroid drugs. I am happy to say that the Palm Laser really did clear this up.

I have also found it to be very effective in treating the Thrombophlebitis that occurs from time to time in my leg. I have also used it on cuts that were particularly sore and not wanting to heal quickly.

The joy of the Palm Laser is that it is portable and so easy to use; it comes in a light weight metal case. You can use it yourself on yourself! If treating the back, it is easier if there is someone around to do it for you, but if not, it can be done on your own. If you get interrupted during a treatment, it just stops until you resume the treatment. It is easy to take around with you wherever you go, particularly on holiday or if you have to be away on business.

Another joy is that it combines with other treatments and you cannot 'over treat' yourself; in other words it is a very safe therapy that you can use yourself in the home – or wherever you find yourself.

Regular use of the Laser does help in the management of my chronic back condition, and just about most other pains and troubles that occur from time to time.

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May 2006