

What are the side effects?

You may experience some fatigue following your treatment, this usually lasts around 24 hours. We would always recommend that following your treatment you rest as much as possible.

As the laser encourages blood flow to the area you may find that you develop some bruising to the area treated. If you are taking a blood thinning medication you may notice this more. This bruising does not usually last very long.



What do I need to do after my treatment?

In order to replenish the energy used to repair the damaged tissue it is important to eat something sugary 2-3 hours after your treatment as well as increasing your water uptake.

How much does it cost?

Single treatment- **£50**

Course of 4 laser treatments- **£180**

How do I hear more about the clinic?

There are lots of ways for you to keep in touch with all of upcoming news at the practice:

- You can follow us on our social media channels: Walsh Podiatry
- You can subscribe to our newsletter at www.walshpodiatry.co.uk
- You can read our blog at www.walshpodiatry.co.uk/blog

How do I book an appointment?

You can book an appointment:

- By phone: 0121 749 6313
- In person: 329 Chester Road, B36 0JG
- Online: <https://walshpodiatry.co.uk/book-online>



329 Chester Road, Castle Bromwich, B36 0JG

0121 749 6313

reception@walshpodiatry.co.uk



Laser

Treatment

Getting you active again



How does laser treatment work?

Laser therapy is a safe, non-invasive and painfree treatment which involves directing laser light energy into inflamed or damaged tissues in order to speed up the body's natural healing process.



Laser works on a cellular level to slow down the message that pain sends to your brain therefore causing a reduction in pain. Laser will also help to flush out the cells that cause inflammation leading to a reduction in swelling and pain. Laser causes an increase in blood flow to the area allowing more oxygen and nutrients to arrive which speeds up the healing process. By doing these things we can reduce your pain letting you walk more and run more and getting you active again

What can laser be used to treat?

Laser can be useful for the following issues:

- Plantar fasciitis
- Arthritis in the lower limb, hand or wrist
- Hip pain
- Knee pain
- Ankle pain
- Foot pain
- Sciatica
- Tendonitis
- Neuroma
- Wound healing
- After nail surgery to reduce healing time
- Sports injuries

It is worth noting that although laser can help improve the pain caused by arthritis it does not replace surgery e.g. replacement or arthroscopies, but can help to reduce the discomfort if you are awaiting an operation.

What is involved?

Laser treatment involves direct contact so it is important that we have access to the area we are treating, this may mean wearing looser fitting clothing or possibly removing clothing.

We will then make a treatment plan based on your condition. Once we have decided on this we will then complete the laser treatment, you will need to wear protective eyewear which we will supply– it is important that you keep these on until we tell you to take them off. Laser treatment is completely painless so you won't not feel a thing!

You may notice results very quickly but for longstanding issues it may take a few sessions for you to feel the effects. If you do not feel results straight away it doesn't mean that the laser has not worked. Laser works progressively so although you may feel better after one treatment, the more treatments you have the better results you will get. Therefore we would always recommend a course.

Not everybody is suitable for laser treatment so it is important to consult one of Podiatrists who will be able to assess your suitability.