

6th International Conference & Exhibition on

Physiotherapy & Physical Rehabilitation

August 13-14, 2018 | London, UK

Pain management: A modern evidence based, none pharmaceutical approach using cold laser therapy

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Cold lasers have been used in pain management for a many years, but as a modality, they are often overlooked and misunderstood. Drawing on clinical evidence gathered over many years, it is possible to see how these devices can be used for the good of the patient and the benefit of the treating clinician. A review and follow up of three patient case studies demonstrates the efficacy and scope of cold laser. The cases presented here includes muscular rehabilitation of a 28-year-old athlete, a 62-year old with complex regional pain syndrome, and a 44-year-old road traffic accident victim. Cold laser has the added benefits of no reported side effects and few therapeutic contra indications. In the three patients presented, combined with the evidence of over 4800 patients treated over the past five years, it is possible to see how the integration of new technology can benefit the client and the clinician and increase levels of efficacy. We have demonstrated a maintained 82% success rate on patients treated, leading to more content clients, fewer medications and fewer surgeries. Laser as a support therapy can lead to a reduction and/or withdrawal of medication to the benefit of the patient.

Biography

Robert Sullivan is a progressive Podiatrist and trained Podiatric Surgeon. He has demonstrated an ability to think outside the box when it comes to client care, which has led him to greatly expand his scope of practice through education and research. He is a widely published and sought after guest lecturer and speaker around Europe and the US. His special interests include, Pain Management, Obesity Control using Laser Intervention, Biomechanics and Mycology. He has been at the forefront of research in cold lasers for nearly six years and his research includes: Onychomycosis, Diabetic Peripheral Neuropathy, and Obesity Management. He is currently researching the human papilloma virus and complex regional pain syndrome .

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