

## Davis Foot & Ankle Center's Tracy L Basso, DPM on MLS® Laser Therapy

For the last eighteen months in my practice, I have been utilizing a new technology that has provided extensive benefits to my patients, and in turn, to my practice. In January of last year, I obtained an **MLS Therapy Laser** provided by **Cutting Edge Laser Technologies**. The laser is designed to provide relief of pain and inflammation, and thus can be used to treat an array of conditions.

Initially, I was not particularly looking for new technology. The demo for the laser occurred quite serendipitously. At first quite skeptical, I put the laser to the test, since this was supposed to treat painful and inflammatory conditions, as opposed to onychomycosis. I contacted some of the toughest patients that we had in the practice over the preceding year. These were patients that did not respond to the traditional approach to their pathology. The types of pathology included intractable heel pain syndrome, plantar fasciitis, neuritis, metatarsalgia, posterior tibial tendon dysfunction, rheumatoid arthritis, and neuroma.

One lady had a very complex rearfoot and heel pain status post ankle fracture that went on to osteomyelitis, then to ankle fusion in a plantarflexed position. We were the fifth or sixth doctor on the list, and this is the type of patient who would come to the office in tears. After treatments with the **MLS Therapy Laser**, she was one of several patients who reported dramatic



results. In her case, she was pain-free after three treatments. I had not had one occasion prior where she reported reduction of pain on this scale, and I had tried everything for her, short of re-operating on the ankle.

Obviously, from a business perspective, I was very interested in adding a piece of equipment only if it was going to add a complementary treatment to what we already provided. I did not want something that I felt I needed to push, but rather that could be easily integrated into patient care.

I treated eighteen patients during the demo, and be-

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cause it was the holiday season, I was able to work it out so we could treat the patients multiple times, not just once. I really tested the product.

I was surprised to see how well the patients responded. Virtually all of them reported improvement. Some reported dramatic improvement. These were some of the toughest cases we had seen in the practice. The clinical results really cinched the deal for me.

Now having utilized this laser in my practice for over a year, there has been consistent response to the treatment. The patients regularly report significant improvement.

A very big concern was patient acceptance and their willingness to pay out of pocket. But we have seen very little pushback. Patients accept this modality and even request it.

I have found that we can treat a wide variety of conditions and I use it for anything related to pain and inflammation. Neuropathy patients in particular respond very nicely to this treatment.

We had a very interesting case this last year. The laser safety officer for UC Davis Medical School came in as a patient. He had pain related to subtalar arthrosis following an old calcaneal fracture. He was thinking he needed new orthotics and a cortisone injection. I presented the laser to him instead of the injection, and



### MLS Laser Therapy *(continued)*

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we updated his orthotics. Six treatments with the laser cured his pain. He subsequently received the new orthotics. At

the end of last year he continued to remain pain-free.

MLS Laser Therapy is a wonderful alternative to traditional cortisone injections and oral anti-inflammatory medications. I present all options to the patient and they decide what is best for them. The patients tend to opt for the laser as an alternative to injections and pills.

The beauty of the MLS Laser is that it can be performed unattended and is completely safe. There isn't potential to injure the patient during a treatment.

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I have treated neuropathy, Morton's neuroma, metatarsalgia, hallux limitus, pain from rheumatoid arthritis, tendonopathies, posterior tibial tendon dysfunction, synovitis, achilles tendonosis, plantar fasciitis, post operative edema and pain, ankle pain, and even some ulcers. We have even shrunk a couple of ganglions with the laser.

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The laser integrates into a total care plan for the patient and gives me an exceptional tool to reduce pain and inflammation as an alternative to traditional cortisone injections and NSAID therapy. It is a great tool and resource for myself, my staff, and my patients.

For more information on the Cutting Edge Laser, call 800-889-4184, visit [www.CELasers.com](http://www.CELasers.com), or *click here*.

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