

## BioFlex LILT Patient Testimonials - Bursitis

### BURSITIS

Bursitis is the inflammation of one or more bursae (small sacs) of synovial fluid in the body. The bursae rest at the points where internal functionaries, such as muscles and tendons, slide across bone. Healthy bursae create a smooth almost frictionless functional gliding surface making normal movement painless. When bursitis occurs, however, movement relying upon the inflamed bursa becomes difficult and painful. Moreover, movement of tendons and muscles over the inflamed bursa aggravates its inflammation, perpetuating the problem.

Bursitis is commonly caused by repetitive movement and excessive pressure. Elbows and knees are the most commonly affected. Inflammation of the bursae might also cause other inflammatory conditions such as rheumatoid arthritis. Although infrequent, scoliosis might cause bursitis of the shoulders; however, shoulder bursitis is more commonly caused by overuse of the shoulder joint and related muscles.

Traumatic injury is another cause of bursitis. The inflammation irritates because the bursa no longer fits in the original small area between the bone and the functionary muscle or tendon. When the bone increases pressure on the bursa, bursitis results.

Bursitis symptoms vary from local joint pain and stiffness, to burning pain that surrounds the joint around the inflamed bursa. In this condition, the pain usually is worse during and after activity, and then the bursa and the surrounding joint become stiff the next day.

Read what patients treated with BioFlex Low Intensity Laser Therapy have said about successful treatment for their different forms of bursitis:

**“I would suggest anyone with this problem to try laser therapy.”**

"I had a problem with bursitis in my right shoulder. I could not raise my right arm without lots of pain. After 8 laser treatments, I can now raise my arm above my head. I would suggest anyone with this problem to try laser therapy.

Barry B. - Surrey, BC

**“I feel no pain of any sort...”**

“I would like to say I have had 7 treatments and I feel 100%. I feel no pain of any sort and I will be back in the New Year for my Tennis Elbow. Thanks again.”

Karim - Surrey, BC (treatment of deltoid bursitis)

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### **"I have no pain when I skate and can now go on to play university hockey – injury free."**

"I'm an 18 year old female AAA hockey player and Laser Health Solutions has helped me continue to play the sport I love. I have had a terribly swollen ankle (bursitis) for several years now and tried several different treatments for it – but nothing seemed to work. My injury occurred in a way most hockey players can sympathize with; a slap shot taken off the ankle. Unfortunately I was wearing ankle socks which served to further irritate it. Even after switching to regular socks the problem seemed to get worse and worse. My injury got to the point that it was affecting my on-ice performance. Even lacing up my skates was painful. That's when I tried laser therapy. My ankle felt better right away and now I can hardly tell the difference between my two ankles. I have no pain when I skate and can now go on to play university hockey – injury free. I am so glad I found out about Laser Health Solutions. They have helped me so much and I would highly recommend it to anyone with a sports related injury. "

Alexandria - Calgary, AB

### **"I noticed after the second treatment the shoulder was not as sensitive to use."**

"I had bursitis in my left shoulder and it seems I could not rest the shoulder long enough for it to heal. This went on for about six months before I came into LaserHealth Solutions. Also at that time, my work demanded more use of the shoulder. Regardless of the extra use, I noticed after the second treatment the shoulder was not as sensitive to use. It started to heal regardless of the extra work after the third or fourth treatment, the shoulder was no longer a concern to me. It became history."

Graydon B. - New Westminster, BC

### **"...after the fourth visit I felt almost completely healed."**

"My shoulder pain started about 2.5 years ago. I have tried physiotherapy for a month and that didn't work for me. I went to an injury specialist and had a diagnostic ultrasound and x-ray done and they couldn't figure out what was wrong. Then I was referred to a shoulder specialist and he performed a MRI and he stated I had bursitis. The last resort was surgery for me, but I was not ready for that. At that point I heard about laser therapy and was willing to try anything to get better. After my first visit I felt a little better and after the fourth visit I felt almost completely healed.

I would recommend this therapy to anyone to try and then they can judge for themselves."

Jas U. - Surrey, BC

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**“I am extremely happy to say that my symptoms have subsided considerably...”**

“Over the period of a number of months, the pain in my left shoulder in particular, increased to the point that even raising my arm beyond a 15-20 degree angle was more than just uncomfortable. Being an active person, I became more frustrated as the discomfort was causing me to forgo the activities I wanted, and needed, to do.

My reaction was that, having presumed the problem was a rotator cuff issue, it was time to seek surgical relief. Fortunately, one morning, I listened to a radio advertisement describing my symptoms and the potential remedy – laser therapy.

Having gone through nine, half-hour sessions with the simplicity of laser treatment, I am extremely happy to say that my symptoms have subsided considerably. No aggravation on a constant basis, ability to be as flexible as I used to be and a believer that I “discovered” the right process with the help of my chiropractor.”

Jay C. - Vancouver, B.C.

**“I had 5 treatments and was able to play golf again.”**

"I was having pain bending my knee. My doctor said I had bursitis. I heard about Laser Health Solutions on the Talk to the Experts program so I thought I would come in and talk to them. I had 5 treatments and was able to play golf without pain. I was able to walk 9 holes! I am now able to walk every morning again. I am happy with the treatments."

Danny H. - Calgary, AB

**"...my shoulder has improved a lot..."**

“My right shoulder has been causing me pain after intense long runs and during heavy lifting such as bench press. After a few weeks of Laser Therapy my shoulder has improved a lot, allowing me to double the length of my runs and feeling less than half the pain I used to. Bench press no longer stands as a problem as well.”

Ross - Surrey, BC