

## BioFlex LILT Patient Testimonials: Tennis or Golfer's Elbow

### TENNIS / GOLFER'S ELBOW

Tennis Elbow (also known as Shooter's Elbow and Archer's Elbow), or lateral epicondylalgia, is a condition where the outer part of the elbow becomes sore and tender. It is commonly associated with playing tennis and other racquet sports, though the injury can happen to almost anyone.

Golfer's Elbow, or medial epicondylitis, is an inflammatory condition of the elbow, resulting in pain and tenderness on the inside surface of the elbow. The condition is called golfer's elbow because in making a golf swing the tendon is stressed; many people, however, who develop the condition have never handled a golf club.

Both conditions are often the result of overuse of the forearm muscles and are usually worsened by gripping and lifting objects.

Laser therapy can help to hasten the recovery of both tennis and golfer's elbow by improving circulation to the area (angiogenesis), improving lymphatic drainage and increasing the production of serotonin and endorphins to manage pain. In addition to relieving the pain and inflammation of tennis and golfer's elbow, laser therapy also increases cellular activity, thus facilitating the repair and improving the strength of the repaired tendons.

Read what patients treated with BioFlex Low Intensity Laser Therapy have said about successful treatment for Tennis and Golfer's Elbow:

#### **"...I found laser therapy to be the most effective."**

"As a pianist, I would practice rigorously for extended periods of time in order to meet the demands of the profession. Eventually, the stress and physical intensity gave me inflammation in my left elbow. After trying several rehab therapies (ie: acupuncture, massage therapy, etc.), I found laser therapy to be the most effective. Treatments enabled me to progress from not being able to play at all, to giving a full Masters recital in 6 weeks. The approach is painless and deals specifically to heal injuries internally, therefore significantly accelerating the recovery process. I find this to be a highly effective solution for a diverse range of cases and people."

Melody - Burnaby, BC

#### **"...2 to 3 Laser therapy sessions, my pain is gone..."**

"After 4-5 years of joint pain in my left elbow after golf and only 2 to 3 Laser therapy sessions, my pain is gone. I've golfed twice since then and my condition hasn't returned."

Bryan - Calgary, AB

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**"I would strongly recommend laser therapy to anyone before going for surgery."**

"For the last 6 months I have been battling with my elbow pain. I have been taking 2 kinds of painkillers and giving rest to the elbow; still my pain continued to get worse. So the last option I was given by my GP was to have surgery.

It just happened that I came across an ad in the community newspaper about laser therapy. After having the 4th treatment, I noticed my elbow pain had drastically slowed down to 50%. I don't have the constant nagging pain and I don't have to take painkillers.

I would strongly recommend laser therapy to anyone before going for surgery.

Thank you Dr. Rob and his friendly and professional team!"

Madhu R. - Surrey, BC

**"Now, after 10 treatments, my elbow is back to 90%."**

"My name is Jenn and I came to see Blaine in late October when the pain in my right elbow was so severe that I would cringe before I would shake someone's hand because I knew that it would be painful. My job as a right-handed high school PE instructor was also being challenged as I was unable to demonstrate even the most simple of badminton skills. My hobby is weight lifting and I am a competitive bodybuilder. My tennis elbow brought a halt to my upper body workouts as I could not grasp a dumbbell or barbell. I had tried ice and anti-inflammatories, chiropractic care and massage but none of these were giving me the pain relief I needed.

I was skeptical but intrigued by the idea of laser therapy. I was ready to try anything. I told myself in my head that I would give it at least 6 treatments. If there was no noticeable change then I would try something else. It took only 3 treatments before there was a noticeable change (less inflammation in the joint and no throbbing). By 6 treatments I actually felt as though some healing was happening (light grip activities became bearable). Now, after 10 treatments, my elbow is back to 90%. I don't cringe when someone goes to shake my hand and I am back to working out.

I would strongly recommend laser therapy for joint injuries. For those who are active and are told that an injury will take 3 - 6 months to heal is like a death sentence. Blaine and Laser Health Solutions cut down my healing time drastically. Yes, it still takes time and PATIENCE is critical. But it works!!"

Jenn - Calgary, AB

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### **"It feels like I have new arms!"**

"Here is my story...

I had a fall in November 1997 in which I injured my dominant wrist (right). There were no broken bones but the ligaments were torn. I had no choice but to use my left hand for as much as possible.

After a while I became quite proficient being a lefty and although my wrist was healing well, I was very protective of it. By mid 1998 I noticed that my left elbow was beginning to ache by the end of each day. It continued to get worse and I began to force myself to be right hand dominant again. It wasn't long before the right elbow began to hurt as well.

I was unable to lift even small amounts of weight; I couldn't pull or push more than a few pounds. I tried most everything offered up to but not including surgery but nothing was making it improve.

Dr Skleryk said he was going to start a laser light treatment program and felt I could benefit from it. I was not a believer but I felt I had nothing to lose.

By the time I started treatment my arms hurt all day but the morning was the worst of all. My left arm would have pain radiating down to the base of my thumb and the palm side under my thumb would be numb.

Dr. Skleryk and I agreed to start on my left arm to test this program. There was no pain involved with the treatment at all. The next morning I woke up with no pain at all in my arm. It was amazing! If I lifted 5 or so pounds I could feel it in my elbow but I could lift again. By the third treatment my left arm felt so great we started on my right arm.

In total I had 9 treatments on my left arm and 4 on my right. It feels like I have new arms! I've laid a laminate floor, painted walls in my house, moved furniture and packed all my own groceries.

Thank you Dr. Skleryk for making me whole again!"

Robbin K.

### **"...I found the pain level associated with my elbow to be greatly reduced..."**

"After seven laser treatment sessions I found the pain level associated with my elbow to be greatly reduced allowing for normal daily functions."

Thank you Laser Health Solutions.

Jim - Maple Ridge, B.C.

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"I know it works and will be back for more treatments if I need them."

My right elbow had been bothering me while playing tennis since September. I tried icing and stretching for about 6 months with no changes. I had been in for treatments before for tennis elbow and I knew that it worked so I decided to give it a try for my golfer's elbow. There were not really any changes at first but now after 7 treatments I am at least 90% improved. I know it works and will be back for more treatments if I need them.

Joanne - Calgary, AB

**"Now I don't have any alibi at work to refuse heavy tasks anymore!"**

"I was a patient from Jan 21 – Feb 7, 2008. In just 3 weeks following and 6 laser treatments, my life is back to normal again. My co-workers had noticed how swiftly I recovered in contrast to the 5 months of recovery the last time I had this condition and were amazed when I mentioned that it was due to laser therapy. My million thanks to you, Dr. Rob, to your staff, and to this great invention – LASER.

Now I don't have any alibi at work to refuse heavy tasks anymore!"

Erlinda - Surrey, B.C

"The first treatment eliminated 80% of the pain and by the last visit I was 100% healed."

"My mother highly recommended laser therapy treatments to me after she fully recovered from her soft tissue pain brought on by a car collision. At the time I was feeling pain in my right arm which was increasingly interrupting my daily life including work and carrying items. I visited Dr. Rob Skleryk who immediately diagnosed the pain as 'tennis elbow' and recommended 10 laser therapy treatments. The first treatment eliminated 80% of the pain and by the last visit I was 100% healed. My mother-in-law is now completing her series of laser treatments for severe shoulder pain. Thanks Dr. Skleryk, she now sleeps, and carries out her daily activities normally."

Garri - Surrey, BC

"...the third treatment removed all the pain."

"After almost a year of pain from Tennis Elbow and not wanting to take drugs or have surgery, I decided to try Laser Therapy. After my second treatment, the pain was almost gone and the third treatment removed all the pain."

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Rob D. - Calgary, AB

**“The treatment is painless and effective.”**

“Having suffered with the pain of tendonitis for about six months and not having success with physiotherapy I heard about Laser Therapy.

As a result of the pain in my elbow, I lost strength in my arm and hand to the extent that I could not grasp a jar to take off the lid, or lift my arm and bend my elbow. I also lost range of motion in my shoulder and neck and had pain in my shoulder and neck.

I had fast relief from the pain in my elbow and quickly started to regain the strength in my arm and hand. The treatment is painless and effective.

I can strongly recommend Laser Therapy.”

Kathi M. - Delta, BC

**“Now I no longer have any pain in my elbow and I'm able to resume my play of the game I love.”**

"I had been suffering with golfer's elbow for 2 years. My left elbow was sore all the time and it got extremely worse after a round of golf or an evening at the driving range. The elbow pain not only affected my golf game, but many everyday activities were limited.

I heard about laser therapy from Dr. Rob one day while getting a chiropractic adjustment. He told me that this was quite a common condition and that he had gotten good results treating it with laser therapy, so I gave it a try. In total I had 10 treatments. The improvement at first was slow but as the treatments accumulated the improvement became more evident.

Now I no longer have any pain in my elbow and I'm able to resume my play of the game I love.

Thanks to everyone at Laser Health Solutions."

Larry M. - Langley BC

**“...most of my pain and discomfort was gone.”**

Ken presented to our office with Golfer's Elbow (inside elbow pain). He found the pain so intense that it interfered with his golf game. This is what he experienced at our office.

"When I first began laser therapy I was skeptical about its value. After the third or fourth treatment I began to notice and feel improvements. By the sixth or seventh treatments, most of my pain and discomfort was gone. Because I'm very active, I think the process

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took a little longer."

Ken K. - Surrey, BC

**"I had 12 treatments in total and the pain is now completely gone and I'm able to do my job."**

"I'm a dry-waller and the repetitive stress of lifting sheets of drywall caused me to develop pain on the outside to my right elbow. The pain started slowly and over the course of 2 months it got so severe that holding a 13oz hammer was difficult to lift over my head while nailing. 3-4 treatments later the pain subsided and I started to feel really good. I had 12 treatments in total and the pain is now completely gone and I'm able to do my job sheeting drywall without any pain".

Joe J. - Langley, BC

**"...now I am able to function normally."**

"I went to Laser Health Solutions after approximately three months of physiotherapy for a left lateral epicondylitis. After reaching a plateau in my treatment without resolution of my symptoms, I was pleased to experience a marked improvement after only 10 Laser Therapy treatments. I first noticed improvements after four treatments.

I initially came in unable to lift a coffee cup along with other daily tasks. That has changed, now I am able to function normally.

Chris G. - Calgary, AB

**"I am back to my active lifestyle without the pain."**

"I like to lead a fairly active lifestyle, working out 3-4 times per week and golfing a couple of games per week. The more active I am the more prone I am to injury. True to form, my golfer's elbow started from golfing. I had this burning pain for about 7 months where I just wasn't having any fun out on the course. I also had a bad case of Achilles Tendonitis that flared up from a lot of hill walking for fitness training about 4 years earlier. This was a real problem because the pain varied from dull ache to sharp stabbing pain every time I stood up from a chair or when I was walking. I was advised by my personal trainer to give Laser Therapy a try (he had treatments for a back problem and it helped him fine). I had 9 treatments for my elbow. I didn't think that the elbow treatment was working right away, but about a week after I ended my elbow treatments, I noticed the pain was gone and I could golf without any dysfunction. With my Achilles Tendonitis, I experienced close to 100% recovery at the end of my 11th treatment. The results have been great! I am back to my active lifestyle without the pain. That was 11 months ago. I recently hurt my shoulder and neck, again from golfing. It had been giving me frequent headaches. Once again this problem is starting to clear up after 6 treatments.

I would like to thank the staff at Laser Health Solutions for keeping me happily active."

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Margot C. - Calgary AB.

**"I had only ten treatments and since then my elbow has been pain free."**

"I had extreme pain in my right elbow joint. I was very skeptical about the method of treatment but was willing to try anything to reduce the level of pain. After the first two or three treatments I did not notice any significant change but later on there were substantial changes in the level of pain. I think I had only ten treatments and since then my elbow has been pain free. Thank you Dr. Rob for your magic machine!"

Bob B. – Surrey, BC

**"...I have no pain in the muscles at all and have regained my strength..."**

"Over the last 4 years I have had intermittent problems with my elbows. I have tried wearing elbow braces and different physical therapy treatments. These have all helped temporarily, never totally healing the problem. After having 10 laser therapy treatments, I have no pain in the muscles at all and have regained my strength in that arm."

Dave - Calgary, AB

**"I stopped taking all medication and pain killers."**

"I was taking Celebrex for the soft tissue damage and lateral epichondylitis I had in my left arm. I was very sore day and night as to where I could not sleep, drive or hold anything with my left hand, not even a cup of tea. I started laser therapy and after about 4 or 5 treatments, I stopped taking all medication and pain killers. By the 10th session I had regained my strength back to almost normal. I recommend this to anyone that is in pain and trying other methods.

**Don't waste more time or money, try this IT WORKS!"**

Maria - Surrey, BC