

## BioFlex LILT Patient Testimonials:

### Plantar Fasciitis

#### PLANTAR FASCIITIS

Plantar Fasciitis is a painful inflammatory process of the plantar fascia, a thick fibrous band of tissue originating on the bottom surface of the heel bone and extending along the sole of the foot towards the five toes. This occurs in 10% of the population over a lifetime. It is commonly associated with long periods of weight bearing work or high body mass index. The pain is usually felt on the underside of the heel and is often most intense with the first steps of the day. Often the sufferer has difficulty bending the foot so that the toes are brought toward the shin. A common symptom is increased probability of knee pain, especially among runners.

Read what patients treated with BioFlex Low Intensity Laser Therapy have said about successful treatment for their plantar fasciitis:

**“I feel great, and I am able to walk properly”**

I have had problems with the heels of my feet for many years due to plantar fasciitis. Many of my vacations were a bust, because I couldn't keep up or walk very far without being in so much pain. I tried orthotics and that was only a short fix. In no time at all, I was in pain again and out \$500.00.

I saw an ad in a paper for Laser Health Therapy and thought, what have I got to lose? I underwent the treatments, and I feel great, and I am able to walk properly. I didn't think I could wear flip flops or sandals again that didn't have a big foam cushion (which I may add were not that attractive).

A few months after the treatment, I broke the three middle toes of my left foot. I was put in a air cast. The only way I was able to walk was to put pressure on my heels. I thought my heel pain would return, because this went on for 3.5 weeks. It did not, and I am not sure what I would have done if I would not have had treatment for the plantar fasciitis. Laser Health was the best thing I could have done.

Rosa - Calgary, AB

**"...once again I was pain free!"**

“I was told about laser therapy from a friend who had had it done on her neck. I had been suffering with Plantar Fasciitis in my left foot for about 5 or 6 years since I had been pregnant with my son. I saw Dr. Tova and he signed me up. I did about 12 or 13 sessions of laser therapy and finally after so many years I was pain free. After about a year and a half I got Plantar Fasciitis in my right foot so I did 15 sessions on that with the help of orthotics which I had made through the office once again I was pain free! Dr. Rob and his team are an awesome group of people who really listen and try their absolute best to find a solution to your problem. Laser is easy to do and highly effective. Thanks everybody.”

Danielle A. - Surrey, BC

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

**"...I'm so happy, I can walk again!"**

"8 months ago, pain began in my heel. I took a lot of medicine, I wear orthotics in my shoes but there was no change, the pain was getting worse. Then, 3 months ago, I came to laser therapy. Ten treatments later and I didn't feel much change, but after 10 more treatments my heel was much better. Now after 22 treatments my pain is gone, I'm so happy, I can walk again! Thank you very much Dr. Rob and staff for helping me. I can live again! It is a big gift for me for Easter."

Viktoria N. - Hungary and North Delta, BC

**"There is no need to be in pain!"**

"If I had known 2½ years ago, about laser therapy for Planter Fasciitis, instead of listening to my podiatrist, I would have saved myself a lot of pain. I was told that I would have to wear orthotics and just live with the pain. The problem is the pain was getting worse. Some days it was all I could do to get through the day. It was affecting my quality of life. My husband was listening to the radio and heard about LaserHealth Solutions and suggested I go. It was one of the best decisions I've made. Dr. Rob explained the procedure and how it would repair the tissues that were damaged. After 4 sessions I could feel the difference. My treatments are now complete after 11 sessions and I cannot believe the difference – NO MORE PAIN – life is good! I've been telling everyone I know about Dr. Rob and laser therapy. I highly recommend it. There is no need to be in pain!"

Carmen - Abbotsford, B.C.

**"Run, don't walk to Laser Health Solutions as it does work."**

"I came here after much procrastination but the pain in my right hip came to the point in which I couldn't walk up stairs. Ten treatments later there was pain still there but not as much. About 3 weeks later NO PAIN, I was amazed. That was over 2 years ago and it hasn't come back. I became an instant convert to laser treatments and I tell everyone about the success.

It is March 2009 now and I have just finished treatments for Plantar Fasciitis. After 10 treatments the pain is almost gone and I look forward to pain free feet.

Run, don't walk to Laser Health Solutions as it does work."

Suzanne - Surrey, B.C.

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

### **"Thanks Diana! No more pain. I can walk again!"**

"I had pain in my heel since mid-March '08. I had tried everything, exercise, icing, heat, and nothing seemed to work. In August I saw this ad in the paper about Laser treatment. I cut it out and left it on the table. Looked at it several times over the weeks. Then I decided about mid-August, "What have I got to lose?" So I went to see Diana at LaserHealth Solutions. In a few treatments I was feeling less pain. I had a total of 8 treatments and my heel is great. Thanks Diana! No more pain. I can walk again!"

Mary - Winnipeg, MB

### **"I'm playing squash, golfing and working out."**

"About 6 months ago I began to experience the discomfort of plantar fasciitis. I believe this condition erupted as a sports injury likely from playing squash. I am quite active and I wanted to treat this condition and eliminate the discomfort, the dull pain present everyday especially in the morning when getting out of bed.

The treatment received at Laser Health Solutions is "what the doctor ordered." After a month of treatment, I have experienced a dramatic improvement in my feet mechanics. I'm playing squash, golfing and working out. My morning discomfort is essentially gone.

Thank you to the staff at Laser Health Solutions."

Floyd - Calgary, AB

### **"Thanks girls – you're awesome!"**

"I was diagnosed with Plantar Fasciitis approximately 15 years and was told the treatment for this was surgery. I opted not to have the surgery and lived with the pain. However, over the years it became progressively worse. I could no longer wear my nice dress shoes (high heels). I shopped and shopped for different angled high heels but after only wearing them for 20-30 minutes, it was back to being painful again.

I attended a health awareness clinic and saw a brochure on plantar fascia treatments by Laser. That caught my attention. I contacted the treatment facility and began treatments in less than a week. On my 9th treatment visit, I attended wearing my new pumps!

I also no longer have the pain in the mornings, from those first few steps. Thanks girls – you're awesome!"

Christine - Calgary, AB

## BioFlex LILT Patient Testimonials:

### Plantar Fasciitis

**"I started seeing results with my foot so I decided to get on my neck and shoulders as well."**

"My foot problem occurred on July 1, 2007 at a Golf Spring Swing clinic. I tried 5 acupuncture treatments and got some results. I tried chiropractic treatments and got some results and then I tried 2 months of anti-inflammatory medications and got some results. I started treatments on my foot at Laser Health Solutions on March 14, 2008. I started seeing results with my foot so I decided to get on my neck and shoulders as well. My neck had been stiff and sore for awhile and had tried chiropractic treatments with some results. I had 12 treatments on my foot and 10 on my neck and shoulders. In my opinion the best results was with the combination of muscle massage and laser. The therapists are very good and very informative. Very much appreciated."

Garth D. - Calgary, AB

**"...I am virtually pain free"**

"After living with heel problems for 5 years and trying a wide variety of treatments I decided to give laser treatment a go. My results were not immediate, but after 10 treatments I had experienced some improvement, however, not as much as I would have liked. Dr. Rob reminded me that 10 treatments were the average and felt I should continue. I am very glad I did and as of my 15th treatment I am virtually pain free. Novelle and Bryce did an excellent job with my treatments and I am looking forward to once again kicking a soccer ball around this summer."

Bill - White Rock, B.C.

**"...this has considerably improved."**

"I came with plantar fasciitis which would make my left foot ache for no particular reason at all. If I rested it, it would start aching. If I went for a walk, it would ache. It would ache for no particular rhyme or reason. After 12 treatments this has considerably improved. With the exercises given to me, I am hoping to be completely free of the sore feet."

Dan - Burnaby, BC

**"...I'm able to work with no pain..."**

"My right foot was bothering me and it was getting worse. I saw the ad in the local paper and decided that I should look into laser therapy a bit more. After receiving laser treatments I noticed that my foot was getting better. Now with custom orthotics I'm able to work with no pain and I am now able to take my dog on long walks."

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

Mary Ann T. - Surrey, B.C.

**"...now after nine treatments, over four weeks, I have my life back."**

"In July 2007, after a day at the Calgary Stampede, I developed a mild pain in my left heel. Throughout the summer this pain persisted and got steadily worse until I could no longer take my outdoor walks, and the pain was causing me to lose sleep. In November, I visited an orthopedic doctor who diagnosed my problem as Plantar Fasciitis. As I already wore orthotics, these were changed as the old ones were worn out. With new orthotics and a program of stretching exercises, I looked for improvement, but the pain only got worse. The answer was a cortisone injection which worked like a miracle... for a couple of days, but the pain, though diminished, came back and I still couldn't walk without limping.

In February 2008, I paid a visit to LaserHealth Solutions and after an examination a treatment plan of ten to twelve visits was suggested. After a couple of weeks, I began to notice a definite improvement. After six treatments I tried my first walk outdoors in five months, and it lasted twenty minutes with only mild discomfort. The next day, I walked for fifty minutes and I have walked every day since, either outdoors or in the malls. Throughout my treatment I still kept up my exercises and now after nine treatments, over four weeks, I have my life back. Many thanks to the skills of the staff at LaserHealth Solutions."

K. V. L. - Calgary, AB

**"Summer sandals, here I come!"**

"I had plantar fasciitis 5 years ago and ended up wearing orthotics for 2+ years before I saw any improvement. This time, with just 10 treatments at the laser clinic I only get the occasional twinge and my foot feels much better. Summer sandals, here I come!"

Linda - Calgary, AB

**"...I am free of pain."**

"I have had pain in the heel area for a month or so before coming into the clinic. A friend suggested the LaserHealth Solutions clinic and so I decided to try it. My foot has been good for most of the time and I am free of pain. I will be changing my orthotics and I feel this will also help the pain."

Phyllis - Calgary, AB

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

**"After 2-3 treatments I already felt a difference from when I first walked in through the door."**

"After a few months of pain from a soccer injury, I was not able to walk properly or rest without having such pain in my heel. I came to Laser Health Solutions, where they started treatments for me. After 2-3 treatments I already felt a difference from when I first walked in through the door. I can walk now with barely any pain and have no fear that when I put my feet up for any length of time, I can walk on my foot with no problems or pain. Hopefully my soccer season can continue without a hitch. Everyone at Laser Solutions was very accommodating, so helpful and friendly. It was always a pleasure being here every week. People that are pleasant make the difference in our visits. Thank you."

Amanda C. - Calgary, AB

**"Over a five-week period I had a total of 12 treatments and I am over 90% better."**

"After living with pain in my feet and heels for years, with what I thought was plantar fasciitis, I decided that prior to my trip to Scotland I had better try and do something to help heal my feet. I had heard that laser therapy was helpful for this condition and after reading an ad in the newspaper for Laser Health Solutions I decided to try it.

Living with foot and heel pain that at times made me question if my feet would be able to support me when I stood up, was getting increasingly worse. I learned from my initial visit that it was not only plantar fasciitis, but also tendonitis that was causing my pain. My treatment plan saw me doing 2 or 3 treatments a week for a total of 10. After about the 6th treatment I began to see an improvement, less pain in my heels upon rising and definitely less pain in my feet and heels when walking long distances. My trip to Scotland fell after the 9th treatment and I was able to spend 2 weeks walking and sightseeing without pain. What a joy, after spending years with nagging foot and heel pain that certainly limited me at times.

From my first visit to LHS it was evident that this was a knowledgeable, friendly staffs that were truly there to help people. From the initial consult to the weekly treatments the staff were professional, friendly (always remembering my name and popping into the room to say hi) and fun to be around. It was clear that each staff member enjoyed their work and truly believed in the healing power of the laser treatments.

Thank you Laser Health Solutions for helping me to be rid of my foot pain! I look forward to many long walks in the future. And Yes Blaine, I will continue to stretch, stretch, stretch!"

Donna - Calgary, AB

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

### **"After one month of laser treatment, I am 90% better..."**

"I have been dealing with Plantar Fasciitis since early 2007. I started with new runners and got new orthotics but the pain persisted, it impacted my whole life. I stopped exercising, the dog only got walked once a day for a very short walk and I drove my car everywhere instead of walking.

A friend of mine introduced me to Dr. Rob, she said come along to my treatment and see what it's all about. After one month of laser treatment, I am 90% better, I can get out of bed without limping, the dog is back to two walks a day and I can actually wear sandals again. Wearing socks and runners 24/7 in the summer is a challenge. I am almost pain free because I invested in my health and Laser Health Solutions.

Thank you to all the great staff at Laser Health Solutions. I am telling everyone I know who has pain to check them out."

Lynn - Delta, B.C.

### **"I have seen 90% improvement, but know that if I was not going away on holidays I would be back and get to 100% improvement."**

"It started in February of 2006, I have a lot of pain in my foot and it severely restricted my life. I bought all the over the counter foot and shoe inserts there were, saw a podiatrist who told me to stay off my foot for 1.5 years and it was still limited. I got orthotics made and special ugly shoes and it was still very limited with improvement. After spending a lot of time and hundreds of dollars I still had limited walking and foot pain. Because I had a trip to Italy coming up and knew that I was going to be on my feet I was anxious for a solution. I heard an ad on the radio for LHS and decided to give it a try. After 9 treatments I have seen tremendous improvement, I can walk for extended periods of time without pain and have confidence that if it comes back, there is a solution. I have seen 90% improvement, but know that if I was not going away on holidays I would be back and get to 100% improvement."

Cindy - Calgary, AB

### **"Thank you!"**

"After suffering from aching feet for 17 years and trying several alternate methods to relieve the pain, I finally have relief. I am now able to have a good night's sleep and not get up hobbling each morning. Thank you!"

Sharon - Surrey, B.C

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

**"I successfully completed the Vancouver Marathon on May 6, 2007 in four hours and 15 minutes WHILE INJURED thanks to laser therapy. "**

If you:

- a) have plantar fasciitis
- b) are a typical bull-headed runner
- c) have a running event that you MUST complete, even though you're injured
- d) all of the above

.... then you need Dr. Rob, his dedicated team and laser therapy.

I successfully completed the Vancouver Marathon on May 6, 2007 in four hours and 15 minutes WHILE INJURED thanks to laser therapy. Amazingly, the injury only bothered me during the final four miles, which is incredible considering that I was barely walking properly four months ago.

I had committed to running the marathon on behalf of the Leukemia and Lymphoma Society, had raised thousands of dollars towards blood cancer research in honour of my Dad and father-in-law, had friends and family rooting for me, following my progress and THEN came down with a serious injury at the beginning of training. What to do?

I had heard that plantar fasciitis can respond very well to laser therapy so I contacted Panorama Village's Laser Health Solutions. For anyone who has never experienced plantar fasciitis... it is not pleasant. You cannot put your full body weight on your heel or arch because the pain is that bad... nevermind, train to run 26.2 consecutive miles. I was limping from the bed to the shower in the morning.

Dr. Rob, Judy and Emilie assured me that with laser treatments I would feel significant improvements very quickly AS LONG AS I STOPPED RUNNING. Me being a 'type A' runner (see b) above) said that I don't want to stop, I want you to help me manage this injury so that I can successfully keep my commitment to my friends, family and the Leukemia and Lymphoma Society. And that's exactly what happened. Had I not received the treatment, once or twice a week throughout my entire training period, and their helpful advice, I wouldn't have been able to keep my commitment. I would have been in debilitating pain. I certainly wouldn't have been able to complete a full marathon and still run across the finish line. My deepest thanks to Dr. Rob and especially to Judy and Emilie, who are the best foot-fixer-uppers ever!

Laurie - Vancouver Marathon finisher 2007

**"I am very pleased."**

"I had lingering plantar fasciitis pain and had good success by the 6th treatment. I am very pleased."



## BioFlex LILT Patient Testimonials: Plantar Fasciitis

Phyllis C. - Surrey, BC

**"...I had trouble putting my feet on the floor first thing in the morning. This problem is now gone."**

"My feet have been problematic for about 10 years. The treatment I received from Laser Health Solutions has made a tremendous change for me. I am now wearing non-orthotic shoes – much nicer! Prior to my treatment I had trouble putting my feet on the floor first thing in the morning. This problem is now gone. The stretches shown to me will also ensure that my problems don't return. It feels good to be proactive about my condition.

The staff has been extremely helpful and very easy to deal with. I will miss them now that my treatment is ending. In spite of dealing with many patients they always remain professional and cheerful.

Laser treatments have helped get rid of much of my pain. I have recommended laser therapy to my friends and will continue to do so in the future."

Sharon - Calgary, AB

**"I have seen tremendous results and I am feeling less pain."**

"I have had chronic pain from plantar fasciitis for years now. I have seen podiatrists, pedorthists and physiotherapists and nothing had relieved my pain. I have tried 2 different sets of orthotics and still no relief. Now in a few short weeks, I have seen tremendous results and I am feeling less pain. I am now in the position where I can start to think about doing some of the physical activities that I would not have thought about doing in the past couple of years because of the pain.

I cannot thank Dr. Rob and his team enough for their competent, professional and very friendly conduct and the way they have improved my quality of life."

**"I am on my way to recovery"**

"My feet started hurting in April 2006. My right foot was really sore and I could not walk without pain. In July I got a pair of orthotics, but my right foot still had pain. I went to a podiatrist and I wore foot splints that were recommended by the doctor, but they didn't help either. I could not deal with the pain anymore and I heard a radio ad on QR77 about plantar fasciitis. I started treatments in January 2007 and my feet started feeling really good. My right foot feels great, and my left foot is just about there too! I have a few more treatments left on my left foot, but I know that I am on my way to recovery. I am able to walk now without pain thanks to Laser Health Solutions!"

Paul D - Calgary, AB

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

### **“After the first treatment I noticed that same day immediate relief”**

“I had severe foot pain mainly on the heel area. I was not able to walk any more without severe pain. After the first treatment I noticed that same day immediate relief, approximately 50% of the pain was gone.

The second treatment was only about 25% recovery, and seems to go backwards from the first treatment. The third treatment brought back the original 50% less pain and on my fourth treatment, I had 80% less pain than when I started the treatment.

I will be starting on my shoulder next time, hoping some relief.”

Richard Z. - Chilliwack, BC

### **“I...feel like a new person and want to get out and do stuff, where before I just wanted to sit and ice my feet.”**

“In 2003 I started working in film, and my feet started to hurt. I was working 14-hour days and eventually they caught up to me and one day while filming in a hospital, I collapsed from the pain in my feet. I talked to a doctor that day, I tried physiotherapy, massage therapy, acupuncture and orthotics. None of them seemed to work, they just dulled the pain. One day while driving around for work, I heard the radio advertisement for “living without pain” and was interested in trying it out as nothing else had worked. Now after 8 treatments my feet do not hurt in the mornings when I get up, I have new energy, feel like a new person and want to get out and do stuff, where before I just wanted to sit and ice my feet. I feel that I am 75-80 % better and have a few treatments left to go.”

Dustin V. - Calgary, Ab

### **“My first steps in the morning weren’t painful anymore.”**

“My feet had been sore for 20 some years. I’d tried expensive orthotics but it didn’t help. I came to Laser Health Solutions and discovered that I have plantar fasciitis. They explained to me what plantar fasciitis is all about. After 9 treatments there was improvement. My first steps in the morning weren’t painful anymore. Today is my 11th treatment. One more to go and I’m ready to go shopping without sore feet!!

Thanks to Laser Health Solutions and Amphy.”

Marcy B. - Calgary, AB

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

### **“I am so impressed and pleased. I have had no pain.”**

"In spite of orthotics and night splints after almost a year on my left foot, before going on a months holiday that would entail a lot of sight seeing, I heard of Laser Health Solutions. I had 6 treatments. I am so impressed and pleased. I have had no pain. I forget about my foot now."

Thank you

Phyllis C. - Port Coquitlam, B.C.

### **“This has been great. I am now back to running...”**

"I started to have a real bad pain in the bottom of both my feet about 3 months ago. I think I got it from my kick boxing classes. I find this a great way to stay fit, but I didn't expect it would injure me! My feet would always hurt a lot, first thing in the morning, right out of bed. The pain felt like I was standing on a sharp stone every time I would take a step. Once I got moving it would be less sore, but still there the rest of the day. I heard about Laser Health Solutions through my gym so I thought I would give it a try, as exercising was not fun any more with foot pain. I had 8 treatments on my left foot and it is now 100%. The pain in my right foot was more severe; it took 11 treatments on that one. This has been great. I am now back to running in addition to my other gym activities.

What a relief!"

Gord P. - Calgary, AB

### **“I had a total of 13 treatments and I am happy to say they were very successful.”**

"I have had trouble with plantar fasciitis for many years and had received relief with the use of orthotics until the spring of 2006. I got new orthotics and shoes but still had foot pain.

I was experiencing foot pain nearly all the time. We heard about Laser Health Solutions on the radio and I was willing to give it a try. They reassured me that the laser treatments would do no further damage. I had a total of 13 treatments and I am happy to say they were very successful. I followed the suggestions to ice and exercise my feet and today I am pain free."

Bob B. - Calgary, AB

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

### **“...the improvements are quite noticeable.”**

"I started noticing heel pain about two months before coming to the Laser Health Solutions clinic. I am a runner and although I don't know what initially caused the injury, running just kept aggravating it. I was looking for a fast solution so I wouldn't have to miss too many running days. A fast fix was what Laser Health Solutions promoted, so I thought I would give it a try. It's been almost three weeks and the improvements are quite noticeable. I no longer have a lot of pain first thing in the morning, and although it is still sore after exercise, it is only stiff for an hour or two – not all night like before treatment. The staff at Laser Health Solutions are terrific, very knowledgeable and friendly.

I will definitely be returning for any future injuries."

Sandie R. - Calgary, AB

### **“After my first treatment I felt 50% better...”**

"I've suffered for five months. Painkillers didn't work. I DID NOT know what to do. I heard about Laser Therapy on the Radio. At that point I said I would pay anything to get rid of this pain.

After my first treatment I felt 50% better and continually got better after each treatment. I am certain that if I continue exercises I will be 100% better. I am 90% better after eight treatments."

Debbie G. - Calgary, AB

### **“I'm so thankful of the pain relief...”**

"I was a dance teacher and my feet moved around constantly. Overtime, my feet got more sore and painful and I didn't know why. I didn't give it time to heal. But then my mom heard about Laser Health Solutions and advised me to try it out, so I did. I have had 16 sessions and my feet have improved quite a bit. I still have to be careful every now and again, but a lot of the pain has gone away. I'm so thankful of the pain relief because I was waking up in the middle of the night with pain and getting out of bed hurt. My feet are a lot better now."

Brittany I. - White Rock, BC

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

### **"After my treatments I was finally able to walk 18 holes without pain!"**

"I'm a believer. I am a 54-year-old avid golfer who golfs approximately 40 rounds a year. I've had plantar fasciitis for over 3 years and have tried every therapy known to man for my foot. I was unable to walk the golf course until I started treatments at Laser Health Solutions. After my treatments I was finally able to walk 18 holes without pain!"

Lyle N. - Calgary, AB

### **"After 8 treatments, I am 100% better, walk without a limp, and have resumed my exercise program"**

"Diagnosed on x-ray, Jan. 2006 and had a cortisones injection done by my family doctor, initially with minimal improvement, then became more painful to the point that I could not weight bear and was walking on my toes only. My sister told me how much laser had helped her plantar fasciitis and gave me the web site. Started seeing Dr. Lee in May and improvement began after the first treatment. It has steadily improved with each treatment. After 8 treatments, I am 100% better, walk without a limp and have resumed my exercise program. I no longer have a constant dull ache in my foot!! I am a Registered Nurse and am on my feet constantly at work. Prior to laser treatment, I had to take time off work. I have not missed a day since treatment began."

Judy R. Registered Nurse - Vancouver, B.C.

### **"My thanks go out ...for bringing my active life back."**

"In January 2005 I suffered from extreme foot pain in both feet. I went to the doctor and he told me that I had plantar fasciitis. He gave me a prescription for orthotics and got them for about \$350.00. With ibuprofen and use of the orthotic the pain went away. In December 2005 it came back worse than ever, I could no longer be on my feet for more than an hour and a half without needing to sit down and ice my feet if I could. I saw the Laser Health Solutions article in the newspaper, and knew it was something that I had to try. On the day of the consultation I expected to go home and wait for the appointment day to come, but they got me in the same day and started the series of custom designed treatments. The staff was very friendly and asked how the last treatment went to see if anything needed to be changed. The laser therapy was only part of the treatment, the specialized staff also do physiotherapy and massage therapy. The total therapy took only 10 treatments. When I was done there was no more pain. It has been 12 weeks since the completion of my treatments and to this day I have not worn my orthotics and have been pain free. My thanks go out to the staff of Laser Health Solutions for bringing my active life back."

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

Bill G.

### **“I can get back to my sports activities without worry.”**

Jose presented to our clinic suffering with plantar fasciitis for one year. He had eleven laser treatments and this is what he had to say...

“When I first found out about Laser Therapy I was excited about the prospect that I could have the pain completely eliminated from my foot. After a short couple of months I can get back to my sports activities without worry. Your staff was great explaining the procedure and doing a good job overall.”

Jose L. - South Surrey, B.C.

### **“The change has been remarkable.”**

“Several years ago I was diagnosed with having plantar fasciitis in my right foot. Limited my ability to walk and jog. After about five years it seemed to get worse. If I was on my feet for a long period of time during the day, if I sat down, once I got up I could barely walk.

My wife heard a recommendation by a doctor on the radio that this laser health might be a solution. So I got the information that I need and phoned up and talked with Dr. Rob. It seemed to me that it was the right thing to do and it wasn't putting me in to a position to do any invasive surgery or anything dramatic so I thought I would give it a try.

To date had 9 treatments and I noticed a difference after the first one. And if I sit down, I have no problem getting up and walking. I can walk a mile and not feel like I have to rest for a day without being on my feet.

The change has been remarkable. Since I have recently retired I've been looking to having an active life where I can enjoy all the things I looked forward to after working for 40 years. Perhaps I can get back to that.”

Cliff - Delta, BC

### **“I can recommend this treatment for anyone with the same condition!”**

“For about a year, I had pain in my feet when I got up in the morning, after sitting for awhile or just standing in one spot! I heard a talk on the radio about Laser Health Solutions and hoped that his would help my condition.

I started getting treatments with not too much improvements over the first 4-5 treatments. But then, with Franchesca encouraging me to incorporate stretching and

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

icing with the treatment I saw improvement quickly.

I can recommend this treatment for anyone with the same condition!"

Erika H. - Vancouver, B.C.

### **“I highly recommend these treatments for foot pain.”**

“One year ago I was participating in a training clinic for the Vancouver Sun run. A few months into the program, I noticed an old familiar pain in the middle of my foot. It was plantar fasciitis. The year before, I had a terrible time with the pain in my foot. After taking it easy on my feet, I still suffered for approximately 6 or 7 months with regular foot scraping treatments. I met Dr. Rob and Dr. YY at the Sun Run clinic. They were our coaches and they also happened to be chiropractors involved in Laser Therapy. I came to their practice and engaged in some laser treatments. Within a few sessions my foot was the only part of me that didn't hurt. The foot pain was gone so fast.

I highly recommend these treatments for foot pain. In my experience with the laser therapy, I would not hesitate to recommend it to anyone with any kind of injury.

Myrna F. - Surrey, BC

### **“...it has helped dearly! The pain has gone down. It was money well invested.”**

“I had a lot of pain in the arch and heel due to Plantar Fasciitis. I'd had it for about a year to a year and a half. I tried everything in my power to get rid of the pain, but it wouldn't go away. My wife talked to a recent patient of Laser Health Solutions who went through this process and said it was a good procedure. I thought I would try it. The first day, I had a consultation with Veronick. She said it would probably take about 12 treatments. And it has helped dearly! The pain has gone down. It was money well invested. Veronick, Julia and Jamie were very good at their jobs. They gave me exercises to do along with the Laser Therapy and it all helped out. The pain has deteriorated. I can walk and not feel the pain that I had before.”

Jason B. - Calgary, AB

### **“I would say my foot is approximately 85% better and being able to enjoy activities more”**

"I started laser therapy due to plantar fasciitis and also having a heel spur. At first I tried physiotherapy for approximately 3 months and had no improvement. So I tried laser therapy and after the 3rd treatment I started to feel a difference. After approximately the 11th treatment my foot was feeling great and I was able to do a lot of things. I am still having the odd treatment due to the heel spur which will take a little longer to heal. I would say my foot is approximately 85% better and being able to enjoy activities more.

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

Thank you to the staff of Laser Health Solutions!"

Barry L. - White Rock, BC

**“After 3 years of suffering my 12 year old is once again dancing, running and able to be active, without surgery.”**

"My daughter started suffering about 3 years ago with extreme heel pain. We took her to our doctor, sports clinic and finally Children's Hospital. We were told that she had Plantar Fasciitis and that there wasn't much we could do for our then 9 year old. She couldn't continue dancing, running or just walking as it was causing flare-ups. She was in constant pain, at times she could barely walk. We didn't want to put her through surgery and hoped to control her flare-ups as best as we could. Then I met Dr. Rob and Dr. Y.Y. through a running group. One week they were the guest speakers and offered an info evening at their office, I took my daughter. Dr. Rob and Dr. Y.Y. assessed my daughter and felt that they could offer her relief and healing. We started her sessions shortly after as we had a flare-up that had her in extreme pain again. Even after her first session she was able to put a little weight on her tippy toes. We went 3 times a week and by the end of the first week she was able to put her foot flat on the ground and apply a little weight. We did 10 sessions and had her fitted with orthotics. After 3 years of suffering my 12 year old is once again dancing, running and able to be active, without surgery. This was a positive experience for her as she felt comfortable and prepared for each procedure, it's all good now!

Thank you Dr. Rob and Dr. Y.Y. for your compassion and as always concern for her."

Thanks again

Grete-Melissa P. - Surrey, B.C.

**“I am walking normally again with virtually no pain.”**

"I had been suffering from a sore foot and unable to walk normally for about 6 weeks. I had been to see my doctor who diagnosed it as plantar fasciitis. I was also seeing a massage therapist who had been working on the muscles attached to the fascia but I had not really had any relief from the pain. A friend of mine mentioned laser therapy treatment. I asked some questions and decided to try the laser therapy. The day after the first treatment, I felt a difference when I stood on my foot. With each treatment the pain seemed to lessen and now I am walking normally again with virtually no pain. This is after 13 treatments. I am still waiting to get my new orthotics but have come from a time when every step was very painful to now, when I generally forget that there was ever a problem.

Thank-you Dr. Rob and Dr. YY."



## BioFlex LILT Patient Testimonials: Plantar Fasciitis

Pat G. - Surrey, BC

### **"...the foot pain is now also gone."**

"I have been going for laser treatments at Laser Health Solutions for a couple of months for a chronic right Achilles tendon injury I sustained while playing baseball. The pain was so bad that I had difficulty walking. After 17 laser treatments I am back to playing baseball and running all the bases. A few weeks later my left heel started to hurt and it was diagnosed as Plantar Fasciitis. I began laser treatments immediately after my heel pain started. It worked much quicker (9 treatments) on the new injury compared to the chronic Achilles problem. I had custom made orthotics made by Dr. Rob and the foot pain is now also gone."

Gerry P. - Langley, BC

### **"I would highly recommend laser treatments"**

"Low Intensity Laser Therapy has been a Godsend! Unlike my first encounter with Plantar Fasciitis, which lasted over a 3-year period, I have experienced a great deal of relief with Laser Therapy. And after only 6 treatments. I would highly recommend laser treatments to anyone who wishes to return to their normal level of functioning. Laser, stretching and ice have worked wonders in getting me back on track.

Thank you, Laser Health Solutions!" - Shelly F.

### **"I was able to play an hour without pain!"**

"I believe I developed plantar fasciitis from doing one-legged stability exercises, part of a summer squash training camp. I had symptoms of sore heel pad, with gradual tightening in my calf muscle. Massage helped to relieve the tightness, but did not alleviate the heel pad pain. It was also difficult to take the first steps upon rising in the morning.

I saw an ad in Impact magazine, advertising Low Intensity Laser Therapy. After 3 sessions, I began to notice a difference. I no longer experienced shooting pains in the foot. It was also not as difficult to take those first steps in the morning. I participated in other activities while undergoing treatment. Playing squash was the one activity that exacerbated the problem. After the 5th treatment, I played a game. I was able to play an hour without pain! There was gradual tightening and some discomfort, but I iced the affected area.

After the 8th treatment, I played 2 games over a 3 day span. Again, no pain or discomfort while playing and the affected area was iced after each game. The morning after each game, I was mobile upon getting out of bed. Now the challenge will be to maintain this state. I believe that will happen with icing and stretching.

## BioFlex LILT Patient Testimonials: Plantar Fasciitis

I'm pleased with the results and the time frame it took to reach this point."

Jo-Anne M. - Calgary, AB