

BioFlex LILT Patient Testimonials:

Sprains & Strains

SPRAINS & STRAINS

Sprains & strains are injuries caused by stretching or twisting of the joint. The ligament and soft tissue around the joint are damaged, causing bruising, swelling and pain.

Low Intensity Laser Therapy is highly effective for treating these types of injuries, by reducing the swelling and inflammation and promoting rapid healing of the damaged tissues while relieving pain.

Read what patients treated with BioFlex Low Intensity Laser Therapy have said about successful treatment for their sprains and strains:

“All you have to lose is the pain!”

“About 6 months ago, I injured my rotator cuffs. I was in a great deal of pain and had limited range of motion. Not knowing about Laser Health Solutions, I went to the Doctor. I was prescribed a fairly heavy duty anti-inflammatory, which did take away the pain and allowed me to get back the range of movement. However, I have had intermittent pain in the left shoulder since.

I was advised about LHS via a co-worker. I dropped into the office in Surrey, picked up some of the literature and went away to research. I finally booked a consultation and started the treatment.

I am pleased to say that after a half dozen sessions, the intermittent stabs of pain that usually occurred during the night, has gone away.

Will this be a good treatment for you? I am certainly not in a position to say. I will say though, if you are tired of a nagging injury give this a try. All you have to lose is the pain!”

Bob D. - Surrey, BC (rotator cuff strain)

“I am now injury free thanks to these treatments and I would encourage anyone to try it.”

“Playing rep hockey, my first injury leading me to Laser Health Solutions was taking a nasty crash into the goal post with another player. My body twisted around the post and I strained my lower back. I go to Doctor Rob's chiropractic office all the time for adjustments to my back, but it just wasn't helping as much as it should. Doctor Rob recommended that I try out laser. Knowing him to be the good guy that he is I tried it out. To my surprise my back felt better after only one half an hour appointment. It only took 2 other appointments and I was back playing hockey again.

A week later I sprained my thumb and went straight back for laser treatment on it. I am now injury free thanks to these treatments and I would encourage anyone to try it. You'll be glad you did.

Nick D. - Surrey, B.C. (youth lower back sprain)

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"After the very first treatment most of the swelling went down right away. I was amazed."

"21 years ago I had a C-Section. Recently I was moving furniture around in my house and I heard a pop sound in my abdomen. The next day it was tight, sore and swollen raised about 1/2"-3/4" above my normally flat stomach. I heard about laser treatment and wanted to give it a try, as all attempts I had made earlier with other medical interventions were unsuccessful. The pain prevented me from doing my weight work-outs.

After the very first treatment most of the swelling went down right away. I was amazed. I only had four treatments over seven days. At that point it was about 80-90% improved with just a bit of tenderness and my stomach was flat again. This was much better than what I had a week earlier.

Six months later I have no problem at all. I am working out with my personal trainer doing a lot of core muscle work and I have not had a hint of a problem since.

I am now in for a muscle strain in my neck which seems to come and go over the years. I hope to be rid of this problem once and for all with laser therapy."

Lise - Calgary, AB (abdominal muscle strain)

"I am not favoring my right side and am able to skate without pain!"

"I play hockey and last year while skating, my ankle gave out on me and I strained my left groin. That same weekend I attended a goalie camp where I was a shooter. The ice there was chopped up and I tripped in a hole and injured it even more. That weekend there was a hockey tournament and I ended up sitting out all of the games except the last one. After that it was good for about a month. Somehow I injured the right groin just before the hockey trip to Anaheim. I did not tell the coach until after the trip because I didn't want to have to sit out. I took that summer off from training and was getting some ART treatments done. When the season started up again it was good until I injured it again. After that I kept re-injuring my groin right after I saw some improvements. My mom told me about LHS and decided to give it a try. After 12 treatments I saw great improvement. I am not favoring my right side and am able to skate without pain!"

Kelsey T. - Calgary, AB (groin strain)

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“Twelve treatments later I can’t believe the difference.”

“Six months ago I was moving furniture and boxes, and I felt a strain on my right elbow. The next day I woke up with a little bit of stiffness, but I had to continue doing the job that I started the day before. This aggravated my elbow further to the point that if I bumped my arm I would drop things.

I first read about Laser Health Solutions and the work they do with lasers in a local newspaper article. I was a bit skeptical at first, but I was in pain and I had nothing to lose. Twelve treatments later I can’t believe the difference. I woke up this morning without elbow pain and I slept through the night without any interruptions because of lying on it.

Thanks to all the doctors and staff, I’m now pain free!”

Ann A. - Surrey, BC (elbow strain)

“I would strongly recommend laser treatment for soft tissue injuries.”

“I strained my upper back while lifting some heavy equipment. I did not seek treatment for 5 months – thinking it would clear up. I had immediate improvement after one session with about 90% improvement after twelve sessions. I would strongly recommend laser treatment for soft tissue injuries. Wish I had known about it during my running and triathlon years- 1979 to 1997”.

Stew F. - Langley, BC (thoracic spine strain)

“I felt an immediate decrease level of pain...”

“I was suffering a sprained ankle which was the result of my ankle being hit by a moving object. The injury was acute and painful with each step I took. My friend recommended me to visit Laser Health Solutions.

As I am unfamiliar with the technology, I didn't know what to expect from the treatments. However, after my first treatment, I felt an immediate decrease level of pain in the heel cup. This was so much faster than other types of treatments, such as physiotherapy (which I've received for a sprain in my other ankle), as they never offered "instant" relief.

They provide friendly, excellent service, and I would recommend Laser Health Solutions to anyone who has sustained a sprain or other injuries.

Thank you!”

Alison R. - Richmond, BC (acute ankle sprain)

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"I was able to resume my active lifestyle..."

"I sprained my ankle, and for three months, it hurt on and off but never felt completely better. After 4-5 treatments with LASER, the pain was gone and my ankle started to feel stronger again. I was able to resume my active lifestyle without wondering if it would hurt after the activity.

I have already recommended LASER treatment to others and particularly like the fact that it is non-invasive.

Staff was great, offering suggestions and support."

Ruth B - New Westminster, B.C. (chronic ankle sprain)

"...after 6 treatments I'm back on the ice with no pain!"

"I sustained a hockey injury to the right knee and strained the ACL and LCL. I couldn't walk the first few days without a knee splint. I thought with the way I was feeling that I would be sidelined for playing hockey for several months. I came to LaserHealth Solutions and after 6 treatments I'm back on the ice with no pain!"

Alex - Surrey, BC (knee ligament injury)

"After seven treatments my back is almost 100%."

"I was reaching for something across the table when I felt something pull in my lower back. By the following day my back had stiffened up significantly and I had trouble with my mobility. I went to see Dr. Rob again, as I have had laser therapy previously. After seven treatments my back is almost 100%. I am a firm believer of laser therapy, it has worked wonders for me each time I needed it; from my rotator cuff injury to my seriously cut finger and strained lower back. Thanks again."

Al - Cloverdale, BC (low back strain)

"We tell everyone that this couldn't have happened, if he hadn't gotten his injury treated at your clinic."

"We brought our son Aaron to your clinic 2 summers ago, and it's been the best thing ever. Aaron is playing (baseball) for a college in Kansas. We tell everyone that this couldn't have happened, if he hadn't gotten his injury treated at your clinic."

Barb - Calgary, AB (ankle sprain)

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“...the change is a welcome relief.”

“I am very pleased to say that after the first 7 treatments, I am experiencing a significant drop in pain and a significant increase in mobility. I will continue to take more treatments and the change is a welcome relief. It confirms my belief in laser therapy.

Thank you for your part in the treatments I've received.”

Ron K. - Calgary, AB (rotator cuff strain)

“I had not heard of Laser treatments before this, but after this experience, I am a believer.”

“I am not a sports hero, nor am I a political giant, rather just a regular person, doing regular chores, around the house. I am person who had an unfortunate incident one afternoon with a ladder and ... gravity.

I had not heard of Laser treatments before this, but after this experience, I am a believer. After my accident, I had a hard time standing upright because for pain in my lower back, as well as the inability to raise my arm above my shoulder. Dr. Rob treated my back and shoulder for a few sessions and most of the pain was gone and the best part, I was standing upright.

It was several days from my fall until I saw Dr. Rob, thinking the pain would go away but as all the LHS literature says, “Why live with pain”. The pain is now gone in my back and my shoulder is very close as well. Dr. Rob has made me a believer.

The Laser Health Solutions therapy is based on sound scientific principles, the literature is easy to read and understand and the staff, are great. Now the regular person is back to doing regular chores, but most importantly, back to regular fun with my family.”

Andrew D. (regular guy) - Surrey, BC (low back muscle strain)

“...within a week I could barely even feel the pain.”

“I pulled my groin muscle during a softball tournament and immediately went in for laser therapy to relieve the pain and help it heal faster. I went for 6 sessions and within a week I could barely even feel the pain. Not only did it relieve the pain but the therapy prevented it from recurring.”

Aalia - Surrey, BC (groin strain)

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“I am looking forward to resume my normal life back...”

"On April 15, 2006 I slipped and fell during a golf game injuring my left ankle and strained my right knee. (I have had orthopedic surgery, along with a pin inserted in my knee some 25 years ago). My pain became very severe, so my doctor prescribed some painkillers and x-rays. The x-rays revealed nothing wrong with my knee. That is when I heard on the radio about laser treatments. (I initially heard about laser treatments back in Toronto where my wife had been successfully treated for carpal tunnel.)

I started treating both my knee and ankle on June 6th and after my 6th treatment I was pain free. The results have been so amazing that I intend to get my left wrist treated for an old injury which seems to flare up frequently. I am looking forward to resume my normal life back including playing golf, and coaching soccer.

I have already started to recommend this treatment to my friends and family. The team of experts are great and the treatment is real."

Thank you,

Musa I. - Surrey, BC (knee and ankle pain)

“I noticed a huge difference after the first few treatments and I was able to get back into training after just two weeks.”

"I play university level hockey which involves an extensive summer training schedule. One day I fell and suffered from a sprained ankle. I complained to my mom that I could not afford to wait 4-6 weeks for my ankle to heal so I could get back to training. She recommended I try laser treatments. I noticed a huge difference after the first few treatments and I was able to get back into training after just two weeks.

Thank you to Dr. Rob and the laser team for helping me to get back into my routine a lot sooner than anticipated!"

Stef K. - Langley BC (ankle sprain)

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"Without Laser Therapy I am sure that it would have taken another six months."

Carrie sprained her ankle telemark skiing in early January and kept skiing on it until March. It had become very sore so after seven months of dysfunction she decided to come in to Laser Health Solutions for Laser Therapy.

"The treatments helped kick start the ankle injury to heal which was taking its time. Without Laser Therapy I am sure that it would have taken another six months. I am now closer to getting back to my active lifestyle."

Carrie - Calgary, AB (ankle sprain)

"After only a few laser treatments I was able to feel a big improvement."

"I am a competitive figure skater and I injured my ankle while doing and off ice class. After only a few Laser [Therapy] treatments I was able to feel a big improvement. Laser Therapy helped me get back on the ice in about half the time the doctor originally had stated.

I have used laser therapy on other injuries as well and found that it was the fastest way to make my injuries heal. All the people at the clinic are very helpful and friendly. They were able to answer all my questions and help me with exercises and icing techniques, to help with a fast recovery."

Sarah - Calgary, AB (ankle sprain)

"I am now back playing soccer and feeling confident that I can remain in the game."

"I have been playing competitive soccer for 30 years and have recently suffered through a series of hamstring pulls. I have seen a number of different physiotherapists and followed their advice but the injuries still seemed to occur. After my most recent hamstring injury I decided to try something different this decision brought me to Laser Health Solutions. After an initial assessment I received 10 treatments to repair soft tissue damage to my hamstring. I am now back playing soccer and feeling confident that I can remain in the game. My hamstring feels great and I am pain free. Thanks to all the staff that were friendly and professional."

Greg - Langley, BC (hamstring strain)

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“I now enjoy a freedom from pain and swelling which has been very liberating”

"Two months prior to coming to Laser Health Solutions I suffered a severe left ankle sprain, and re-activated an old knee injury on the same leg during a fall on a stairway. Confident that I had no broken bones, and could manage my own recovery, I did not seek immediate professional assessment. Subsequently I found myself attempting to cope unsuccessfully with significant soft tissue damage to my ankle, in addition to the unwelcome companion of swelling in both areas, irritating stiffness, and constant pain.

Traditional treatment combining rest, icing, compression and elevation failed to promote the healing I sought in my ankle. Weight-bearing was torment, especially when it came to safely navigating any combination of the 28 stair steps in our town house, and night time consisted of endless hours of broken sleep due to the level of throbbing, burning pain which increased predictably with the arrival of evening. I also became increasingly concerned about the level of discomfort in my knee as my previous injury involved a complex leg fracture, which had already left me with some limitation, and I could not afford to risk possible permanent damage to that area. I lead a busy life, but had to put important commitments on hold, limiting time spent on my feet to a fraction of what I and used to and felt increasingly disabled, stressed and concerned as time past without healing.

Fortunately, the very day I finally accepted that I needed to seek additional help to resolve what had, by that time, become chronic issues I heard a radio advertisement for Laser Health Solutions. I booked an appointment and two days later begun a series of fourteen life changing Laser Treatments, nine on my ankle, and five on my knee. Following my initial session, I had no pain whatsoever in my ankle for a full five hours afterwards, which to say the least, was an incredible relief. With the continued careful applications of the technology, skillful guidance and encouragement of all staff involved, my ankle issues were completely resolved. My knee feels better than it has in years!

Indeed, I now enjoy a freedom from pain and swelling which has been very liberating. I have returned to my prior level of activity, and recently was able to participate in a fund-raising hike, walking what I estimate to be four to five kilometers without discomfort, and without having to rest along the way. That would definitely not have been possible prior to receiving treatment, and I am very grateful for the opportunity to experience this amazing technology. Thank you, everyone at LaserHealth Solutions, I anticipate that countless others will continue to be blessed by the healing benefits of Low Intensity Laser Therapy.

Bonnie D. - Burnaby, B.C. (ankle and knee injury)

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“L.I.L.T. (low intensity laser therapy) worked for me when pain killers and muscle relaxants did not.”

“At the age of 48 and still very active in a number of sports, I have seen my share of injuries, bumps and bruises.

My latest injury, a strained rhomboid muscle was so painful that it was keeping me from normal work duties and even preventing me from sleeping.

After only a few visits to L.H.S. the pain subsided and I began to return to pain-free living and to playing hockey. L.I.L.T. (low intensity laser therapy) worked for me when pain killers and muscle relaxants did not.

I would highly recommend this treatment to anyone”.

Randy M. - Surrey, BC (rhomboid muscle strain)

“I was very impressed with how quickly this injury healed.”

“I had come to Laser Health Solutions previously for pain I was experiencing in my right shoulder several months ago. As a result of the success I returned for more treatments when I overdid it while running one Saturday morning.

My ankle was swollen, very tender and I wasn't able to walk very well by the afternoon. On Monday, it wasn't much better, so I started Laser Therapy treatments. After only 3 treatments, my ankle was back to normal. I was able to continue running again at my usual pace after only a week after the injury happened.

I was very impressed with how quickly this injury healed. I've run for many years and have experienced quite a few running injuries. Without Laser Therapy, it would've taken at least 2 – 3 weeks before I would've been running again.”

Sue B. - Calgary, AB (ankle injury)

“After the laser treatments I have definitely had increased mobility on my right side, and have **NO** pain...”

"A serious car accident in 1996 left me with chronic shoulder pain, mainly on my right side. Exercise, stretching on a daily basis did not eliminate the pain. Eventually the pain increased starting in my neck and moving down my arm. I was unable to lift grocery bags or raise my arm over my head. After the laser treatments I have definitely had increased mobility on my right side, and have **NO** pain down my arm!"

Susan H. - Surrey, BC (sprained A/C joint)

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“...after the Laser treatment the swelling was reduced, plus I had more mobility...”

July 4, 2005

I had a second degree sprain to my right ankle two days before my holidays, in May 2005. After two weeks off I went back to work and my ankle started to swell up again, plus the pain was getting worse.

Dr. Rob suggested I use the Laser treatment and after the Laser treatment the swelling was reduced, plus I had more mobility of my ankle. My ankle is back to 100%, before my injury.

I am very grateful to both Dr. Rob and Dr. YY for bringing this new technology to Surrey.

Thanks for all your hard work in healing my ankle injury."

Ron R. - Cloverdale, BC (acute 2nd degree ankle sprain)

“Without the laser, I think my foot would have taken a lot longer to heal...”

“I'm a competitive figure skater, and when I injured a metatarsal in my foot during intense summer dance training, I needed something to help it heal quite quickly. There was a lot of tenderness and swelling around my foot, and I had to take time off the ice in order for it to heal. After 2 days, there was no improvement, and regular doctors didn't have any information to help. I considered Laser Therapy after Dr. Rob mentioned it, and decided to give it a try. The swelling around my foot went down almost instantly, and I was soon able to put some pressure on the foot, something that was very painful before.

After 3 or 4 treatments the swelling disappeared, and I would walk normally with minimal pain. Without the laser, I think my foot would have taken a lot longer to heal and would have affected my whole summer training program. It was great that it helped this much, and was definitely a speedy process!

I'm glad that Dr. Rob and Dr. Y.Y. offer this treatment and I recommend it”.

Michelle D. - Surrey, BC (sprained metatarsal)

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“Three weeks after my first treatment I competed pain free in the meet in Kelowna, where I finished first ...”

"After suffering a painful injury to my left foot, I was unable to continue training for my year end gymnastics meet in Kelowna. After 10 days of being on crutches my parents brought me for laser treatments. I had a huge difference in my foot after one week and I was able to continue training again. Three weeks after my first treatment I competed pain free in the meet in Kelowna, where I finished first in the floor exercises and fifth overall.

The laser treatment got me back into competition faster than I could have imagined."

Hannah S. - Ladner, BC (youth acute ankle sprain)

"Laser worked for me hands down and I wouldn't hesitate to try it for any other injury."

"I was pleasantly surprised and very impressed. I just recently retired from pro football (CFL) and have suffered a variety of injuries over the years through the course of my career. This has given me exposure to a variety of treatment methods (Eastern & Western styles, Modulations and Manual) allowing me to see what methods were most effective for each different type of injury.

After being referred here by someone who had great success with a lower back disc injury. I felt it deserved a serious look. So I watched their CD overview, and researched some information on the internet, finding it to be based on solid science. It is very safe, efficient, and a special bonus... not painful.

My success was with a nagging Achilles/calf muscles strain that was giving me such trouble & pain I had a hard time walking. Within three ½ hour appointments I was playing football (flag) again.

Bottom line, I've tried various treatments with varying degrees of success. Laser worked for me hands down and I wouldn't hesitate to try it for any other injury.

Give it a try, you'll be amazed."

2002 Grey Cup Champion Harvey Stables (Calf Muscle Strain)

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"...I am pain free today..."

"As a competitive athlete, my body is put through many serious physical and mental situations during training. Injury after injury, I know longer could ignore the fact that my body was in such a state of pain, that I made my first appointment with Dr. Rob Skleryk of the Panoramic Village Chiropractic Clinic.

I must admit, my first thought was, "Hey Doc, fix me up and get me back out there". I quickly came to realize that this would not be my true resolve, but that I required a serious break allowing my body the time to heal correctly. Due to vertebral subluxations and soft tissue strains, I was in dismay, facing a losing battle when it came to the increase of pain from pressure headaches. That is when Dr. Rob suggested that I try "LaserHealth Rehabilitation". It took me three laser health visits and I was able to move my head again. I have regained my natural range of motion, and am happy to say that I am pain free today and that my body is responding well to treatment!

So, the big question here is, "How has the laser treatments improved the quality of my life"?

The answer is pretty easy actually:

- *I am able to sleep through the night pain free
- *I do not have to take the multiple muscle relaxants or pain relievers on a daily basis
- *I do not have to be assisted or stabilized getting out of bed
- *I am able to breath easily without tension, strain and severe discomfort

I encourage other medical professionals to try this laser technique so their patients can resume a pain free lifestyle. I also encourage clients to try this painless process so that you can focus on quality living in which we all truly deserve."

Sincerely - Robyn B. (Headaches)