

BioFlex LILT Patient Testimonials - Tendonitis

TENDONITIS

Tendonitis refers to inflammation, irritation and swelling of a tendon. Tendons are thick fibrous cords that connect the muscles to the bones. This inflammation may result in painful swelling and stiffness of the tendon and of the joint around the inflamed tendon. The pain typically worsens during and after activity and the tendon and joint can become stiff the following day.

Laser therapy helps to resolve the pain and inflammation of tendonitis more quickly than conventional treatment methods. The increased serotonin and endorphin production help to modulate the pain. Improved lymphatic drainage assists with relief of swelling and stiffness, while the stimulation of cellular activity provides the energy needed to repair the damaged tendon.

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

"I am now walking and sleeping much better..."

"Before coming to Laser Health Solutions I could barely walk. The only time I would get out and walk was to get my groceries. I would also get a lot of pain at night which would keep me up and make it hard to get a good night sleep.

I decided to try laser therapy and I am glad that I did. I started to notice the improvement sooner than expected around my 3rd or 4th treatment. Before I couldn't even turn or rotate my ankle but now I can. I am now walking and sleeping much better as my ankle feels about 90% better overall. I am very thankful for how the therapy has improved my ankle and I am now having treatment for my knee."

Rita - Surrey, BC (tendonitis of ankle)

"I am able to sleep at night..."

"On December 2, 2007 I was in a car accident and ended up injuring my right shoulder. I soon found it difficult to sleep at night because of the pain from lying on my shoulder. I love my grand kids and soon found it very difficult to lift them up without my shoulder hurting.

My wife had some laser treatment at Laser Health Solutions and so I thought I would give it a try. After a series of 16 treatments the healing in my shoulder has been remarkable. I am not 100%, but at about 80%. I am able to sleep at night and most importantly I am able to pick up my grand kids without hesitation. My shoulder is less tender and my mobility has improved as well. I would like to say thanks to all those who helped me at Laser Health Solutions."

Rob M. - Surrey, B.C.

BioFlex LILT Patient Testimonials - Tendonitis

"...I have noticed a tremendous improvement with my shoulder pain."

"I am a 41 year old computer programmer and athlete who has had a shoulder problem for about five years. The pain was progressively getting worse with repetitive use. I had physiotherapy on my shoulder, and went to the chiropractor for it. Physio and Chiropractic treatment gave me temporary relief. Eventually the pain in my shoulder was intolerable. I would get stabbing pain in the front part of my shoulder, and severe aching in my shoulder when I used my keyboard or mouse at work. When I was playing volleyball, overhand serving and spiking became impossible. Other activities like yoga and weights were also irritating my shoulder. I saw an ad for laser therapy at Laser Health Solutions in the paper, and thought it would be worth a try. I had twelve sessions which ended in September 2008. Since then, I have noticed a tremendous improvement with my shoulder pain. It rarely bothers me to key or mouse at work. Also, I started to play volleyball twice a week in November 2008, and I can overhand serve and spike again with little to no pain. I do not have the power I used to have, but it is definitely coming back. I am hoping to go back to Laser Health Solutions in 2009 for more laser therapy on other parts of my body. I do think the laser therapy provided permanent relief for my shoulder."

Thank You.

Alison - Winnipeg, MB (tendonitis of biceps)

"Well, after 2 tournaments and 8 treatments later, I was in utter amazement!"

"In August 2006, I pinched my rotator cuff. It was the most excruciating pain I had ever experienced in my right shoulder. Being a female fielder that can throw, I needed my arm ready to go for the next season.

The following month, I sought the medical attention of a Chiropractor, who just happens to be a friend and she hooked me up with treatments which included exercises and microcurrent. The four months of treatments were working phenomenally! Ball season for me starts in February and after the first tournament my shoulder was not feeling so good. It seemed I had taken 2 steps back when I had made so much progress.

It was then suggested to me to try laser therapy. Of course, I was skeptical because I had never heard of it before. After 3 treatments I was beginning to feel like my shoulder was on its way back. But, I was still skeptical because the real test was going to be after my first tournament.

Well, after 2 tournaments and 8 treatments later, I was in utter amazement! I was a female fielder than can throw again. I'm a believer!

Thank you very much to the doctors and staff at Laser Health Solutions."

Beverly - Cloverdale, BC

BioFlex LILT Patient Testimonials - Tendonitis

"Now after only 8 treatments I am completely pain free."

"After a summer of landscaping a new yard, I found myself with terrible pain in both my heels. I could barely walk - I was hobbling around and the pain was very intense. So, I went to a Podiatrist who told me I had Achilles Tendonitis and that I should get some orthotics. I struggled with the orthotics for almost 6 months and my feet were getting worse, not better. Then I saw an ad in the newspaper for Laser Health Solutions. I was willing to try anything! I stopped wearing the orthotics and after just a few treatments I could feel an improvement. Now after only 8 treatments I am completely pain free. Not only does it work, but the staff are genuinely interested in your recovery. I highly recommend them."

Helene - Calgary, AB (achilles tendonitis)

"Now I can walk without crutches and have no pain."

"I found out about Laser Health Solutions from my doctor. The first time I walked into the clinic, I had sharp pain and couldn't really walk. I had been suffering on crutches for almost 5 days.

After my first treatment, I felt some numbness in my foot but the following morning, I was able to walk to the washroom and back to my room very slowly. I rested and elevated my leg into the afternoon of that day and then tried going up and down stairs of which I realized I could!

Now I can walk without crutches and have no pain. I can weight bear and it is better than two days ago."

Mercedes - Calgary, AB

"...after 10 sessions I was hiking, biking with no limitation or pain."

"After over 10 years of having recurring Achilles Tendonitis and many hours of physio, I was referred by my family physician to try the Laser clinic. Before beginning treatment I was unable to walk without a pronounced limp and had constant pain and inflammation of my Achilles. After 6 sessions I no longer limp and after 10 sessions I was hiking, biking with no limitation or pain. Follow-up treatments of 2 or 3 times controls any subsequent pain and inflammation."

Corin - Calgary, AB

BioFlex LILT Patient Testimonials - Tendonitis

"...after 5 visits I was no longer walking with a limp..."

"I developed Achilles tendonitis after an intense run. The pain was severe and I walking with a limp after 1 month. Laser treatment was suggested by my wife and after 5 visits I was no longer walking with a limp and am now back to working out."

Fraser - Surrey, BC

"By the 5th treatment I was up and running."

"I came into Laser Health Solutions with Achillies Tendonitis. The pain was so bad that I wasn't able to run. By the 5th treatment I was up and running. I look forward to many years of running."

Valerie - Calgary, AB

"I can do most of the activities that I did before."

"I came to Laser Therapy for Achilles tendonitis. All my inquiries were answered in depth by Michelle. Before I came to therapy, I was limping and had to go upstairs one step at a time, and walking up an incline greatly aggravated this problem. I have now had 7 sessions and I am feeling approximately 80% better. I can now do most of the activities that I did before. Thanks again to Dr. Rob, Michelle and the staff."

Barry L. - White Rock, BC

"I am back to my active self..."

"I am a very active woman who never likes to sit down. Recently I went cross-country skiing and wore boots that were a little to big for me and after 15 kilometers I ended up with a bit of Achilles Tendonitis in my right ankle.

I've done seven treatments to date and have noticed that it only hurts to touch it but I am back to my active self playing sports and going snowboarding. In fact I have since played shinny for an hour and had no pain afterwards. Thank you Laser Health Solutions."

February 2006

Lisa - Calgary, Alberta

Patient Update: April 3, 2006

"I just wanted to let you know that my Achilles is doing very well. I've been boarding, hiking, skating, cycling, running, etc. With not even a hint of pain! It's been great! Thank you so much."

April 2006

Lisa - Calgary, Alberta

BioFlex LILT Patient Testimonials - Tendonitis

“I was relatively pain-free and could resume my regular activities.”

“The pain in the bottom of my foot/heel area would re-occur every 3-4 months. This pain would last for 3-4 weeks at a time. This made walking and regular activities very painful as could not roll my foot from the heel to the ball of my foot. Hobbies and sports activities (golf, jogging) were next to impossible.

After about 4 or 5 treatments at Laser Health Solutions, I noticed the pain starting to subside. By the 9th and 10th treatment I was relatively pain-free and could resume my regular activities.

I would recommend Laser Health Solutions for treatments of similar pain conditions.”

Paul C. - Calgary, AB

“Thanks for helping my daily walking and standing problems.”

“As a stylist that owns a hair salon, I work long hours. Last year I was having problems standing, walking any distance. I developed bumps on my heels and my legs were tightened up all the time. Even getting up from bed in the mornings, my feet hurt. One of my clients works at Laser Health Solutions and recommended me to come here. I started in May. I have had great results in my heels. I stand better, my heel bumps have come down at least 85%, my walking ability is better.

Thanks for helping my daily walking and standing problems.”

Mary P. - White Rock, B.C.

“I am back to playing baseball and running all the bases.”

“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

BioFlex LILT Patient Testimonials - Tendonitis

"...I have recovered from my injury."

"My right forearm was very painful. Prior to laser therapy I used Pennsaid ointment. It did little help. My family doctor referred me to laser treatment. After eight treatments in a row, the pain on my right elbow was significantly reduced by approx. 90%. With exercises and low intensity laser treatments, I have recovered from my injury.

Thank You."

Vinrod - Burnaby, BC (elbow tendonitis)

"I haven't felt this good with my arm since I threw it out last year..."

"Last September, I was playing baseball and threw out my arm and couldn't throw for the last season. I was referred here by a friend and decided to try it out.

It worked great and I am starting to be able to throw again like it used to be. I haven't felt this good with my arm since I threw it out last year, and I've only gone through 3 weeks of treatments.

I highly recommend laser therapy and it has definitely saved my baseball career."

Justin - Burnaby, BC (elbow tendonitis)

"I am so impressed with this therapy ... I'm going to have some other back related old injuries treated as well."

"I highly recommend Laser Health Solutions to anyone with pain. I found the treatments to be the most effective and cost efficient therapy I have ever used. I am so impressed with this therapy and the results I had and, in fact, I'm going to have some other back related old injuries treated as well. Some of the other therapies I had tried were acupuncture, electromagnetic therapy and reflexology and none compared to Laser therapy."

Verna - Calgary, AB

"To me, this is a miracle."

"Thanks to Laser Therapy, my elbow is cured after 5 sessions. I don't have to live with the pain in my left elbow every morning when I wake up. I have tried for 1 year to get well with acupuncture, Chiropractic, Chinese remedies, but without any success.

To me, this is a miracle."

Zen - Burnaby, BC

BioFlex LILT Patient Testimonials - Tendonitis

“The Laser therapy worked - pure and simple”

“I was half way through my bike ride today - my stress releaser - when I realized I had no pain at all in my arm. I can do just about everything I used to do before the tendonitis set in. I say 'just about everything' only because I used to do some things that were too much for body. Now, being more conscientious of how I use my arm, along with the exercises you gave me, I am able to resume my usual routine.

The Laser therapy worked - pure and simple. And I will gladly tell all my "hardcore", self-abusive backcountry buddies about it. No point in suffering unnecessarily.

Thank you again, so much. You are a real professional, Amphy.”

Morgan S. - Calgary, Alberta

“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 (tennis elbow)

"...I can get a decent nights sleep without waking up in pain."

“I came to Laser Health Solutions complaining about right shoulder pain that gradually developed over a 4 week period. I was having difficulty with raising my arm above my head and lying on my right side at night would keep me up when sleeping. I tried to fix the problem by taking Advil, which only temporally relieved the problem. I listened to the Doctors and the Laser Therapists and started icing and using the Traumeel that was prescribed to me. After my 5th laser treatment I noticed some improvement. I had a total of 10 treatments and now I can happily report that I am 100% better and I can get a decent nights sleep without waking up in pain.

Thanks to everyone at Laser Health Solutions. I know exactly where I am going to go if something starts to pain me again”.

Rudy - Surrey, BC (rotator cuff tendonitis)

BioFlex LILT Patient Testimonials - Tendonitis

“...let me enjoy my life activities again.”

"I have always been a physically active person involved in sports such as gymnastics, track & field, and basketball. In my youth, and with the onset of age, took up yoga, aerobics and walking my dog. Yoga four times a week at lunch hour! Imagine my surprise when I woke one morning in August 2005, unable to move my arms without severe pain. I literally had to roll out of my bed as I could not put any pressure on my arms. I was wakened out of sleep by throbbing shoulder pain and freezing then hot sensations on my upper arm. I tried several months of massage and acupuncture, which gave me some relief, temporarily. I was very frustrated with this "interference" of my enjoyment of life as I now had an active toddler grandson and as much as I wanted to lift him and play, I was afraid my arms would give out and I would drop him. I saw the ad in the local paper saying "You don't have to live with pain!", Low Intensity Treatment could help. What a difference! It was explained that AC Degeneration is normal age wear and tear and it's had 57 years to get that way. Knowing my limitations, working with Dr. Rob & the Laser Health Solutions staff with physio has strengthened my shoulders and let me enjoy my life activities again.

Jannet E. - Surrey, BC

"Result? The constant pain is gone.”

"I've been living with right shoulder tendonitis compounded by a calcium deposit off and on for several years. Active Release Massage Therapy had helped, but I was going through a period of several months of constant low level pain. I heard about laser therapy and after speaking to Blaine and Suzanne, decided to give it a try. Result? The constant pain is gone. My shoulder occasionally reminds me that the calcium deposit is still there, and I know I can't overexert the shoulder, but I can now sleep through the night, and am virtually free from pain or inflammation reducing drugs."

Bernice W. (shoulder tendonitis)

"...I've had significant improvement."

"I've been active all my life, so time plus wear and tear resulted in bad tendonitis in both knees about 2 years ago. It took me over a year of careful rehab (stretching and very slow return to strengthening) to get back my activity level (skiing, biking, jogging). Then I re-strained my knees, at which point I pursued Laser Therapy after seeing an ad in the Burnaby Now. I was also familiar with other benefits of light therapy so I felt confident it was worth a try. After 14 treatments and lots of laughing with the staff I've had significant improvement. I think my knees are starting to feel like they should when they're not chronically irritated."

Lesley - Burnaby, BC (knee tendonitis)

BioFlex LILT Patient Testimonials - Tendonitis

"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 (tennis elbow tendonitis)

"...the results have been incredible and soon the pain will be history"

"When I first experienced pain in my left forearm, I went to my family doctor. The doctor diagnosed my condition as tendonitis and prescribed Advil for it. I took Advil but it did not cure the pain. I came across Laser Health Solutions after 3 years and decided to give it a shot. So far the results have been incredible and soon the pain will be history. I recommend Laser Health Solutions to anyone with a pain problem."

Nas - Calgary, AB (soft tissue inflammation)

"After my 6th treatment, I was able to gain full range of motions in my hand with no aches or pain."

"I have suffered tendonitis for two years and was recommended by a close friend to give Laser Health Solutions a try. After my 6th treatment, I was able to gain full range of motions in my hand with no aches or pain. I was able to continue with my daily activities with ease. I would recommend Laser Health Solutions to my friends and family. The staff was friendly and knowledgeable."

Irene - Surrey, BC

P.S. Thank You!

"I would gladly recommend this type of treatment to everybody."

"I woke up one morning and couldn't raise my arm because of the intense pain in the shoulder. I came to Laser Health Solutions for laser therapy and got great results from only six laser treatments. I can lift my arm fairly well and basically have hardly any pain anymore. I would gladly recommend this type of treatment to everybody."

Carole - Port Coquitlam

BioFlex LILT Patient Testimonials - Tendonitis

"...amazingly just after the third visit, I started to feel an improvement..."

"I injured my right biceps (tendonitis) about 6 months ago from working out in the gym. I felt the pain every time when I try lifting something and I was frustrated because the pain was disrupting my upper body workout routine. While I was driving to work one morning, I heard about the laser health solutions from NEWS 1130AM and I decided to check it out.

I was a little skeptical initially, but amazingly just after the third visit, I started to feel an improvement on my right biceps. I could now start doing my biceps curl exercise again and I would strongly recommend everybody with soft tissue injuries to seek the laser therapy for speedy recovery."

Calvin - New Westminster, BC

"I have already recommended Laser Health Solutions to others and am no longer a skeptic."

"The pain in my right arm started in 1999 while I was working as a scaffolder. I also golfed during the summer and that would bring the pain on as well. I could not do a preacher curl in the gym either. I tried physical therapy and acupuncture. Nothing helped and I ended up having to leave the industry.

Five years later, I went back to scaffolding and the pain was back within 60 days of restarting. The pain was gradually getting worse and I was suffering through it. Then I heard about Laser Health Solutions from a co-worker, whose wife was getting treatments for carpal tunnel and had positive things to say. I read up on Laser Health Solutions and the treatments. Coming in, I was a skeptic, but I had tried everything else that I could and it was my last option if I wanted to stay a scaffolder. I was told that within 3-5 sessions I should start to notice a difference, but after only the first treatment the pain was not as sharp and continued to decrease over time. Now after 9 treatments the main source of pain is gone and is only a little sore when fully extending my arm and in awkward positions. My grip strength has also improved which is necessary to be a scaffolder. I have already recommended Laser Health Solutions to others and am no longer a skeptic."

Paul P. - Calgary, AB

"...the pain was gone."

"I was using a new exercise machine and either over did it or was using it wrong. I ended up tendonitis. It was very painful just below my kneecap. And it kept getting worse. After my first Laser Therapy treatment, it was quite a bit better. I only needed one more treatment and the pain was gone!"

Nicholas S. - Calgary, AB

BioFlex LILT Patient Testimonials - Tendonitis

“I am sleeping through the night and I am off my pain medication.”

“I had tendonitis in my forearm, with pain in the inside and outside of my elbow for the past 5 years. I tried chiropractic, ART, massage and tensor straps.

Massage and ART helped a bit, but the pain kept coming back. I work as a florist so I am always using my hands and arms. After a day at work I was always in pain at night and would have trouble sleeping.

I saw your ad in Business in Calgary and thought I wanted to try this. After three treatments and started to see some great results - less pain even when I was working. After five treatments my pain was all gone and I am working without pain. In fact, harder than normal as Valentine's day is coming up. I am sleeping through the night and I am off my pain medication. It is good that I tried it. Thank you so much!”

Vera C. - Calgary, AB

"My hand doesn't hurt a bit. I started a new baking business..."

"I was walking my dog one cold day (-20°C) carrying a water bottle and I got a cramp in my hand that just wouldn't go away. The doctor thought it was tendonitis and used the term "over use injury". I strained a muscle in my hand I though I just.

He gave me an anti-inflammatory (Celebrex) for it, which helped as long as I continued taking it. Unfortunately as soon as I stopped the medication the pain returned. I spent two months in a hand therapy clinic – it helped a little but the pain would return whenever I used my hands again. I then tried two months of Active Release Therapy, which helped a bit but still it was not gone.

The whole process took about one year. I saw the Laser Health Solutions sign that said they worked with soft tissue injuries and decided to give it a try. I had eight treatments over one month and I was better, I couldn't believe it!

Today, seven months later, I am still fine. My hand doesn't hurt a bit. I started a new baking business one-month ago called "Sprinkles Cupcakery". Things are progressing nicely with the business, however, am now being treated for a injury to my arm from the repetitive strain of mixing cupcake batter. Business is great, but my arm isn't. I'm sure I'll experience the same success in my arm as I had with my hand."

Gale - Calgary AB

BioFlex LILT Patient Testimonials - Tendonitis

"I definitely feel my arm is much improved."

Anthonia, 85 years of age presented to our office with left shoulder pain that she had been suffering with for 1 month following a car accident. She had 10 treatments and this is what she had to say.

"I definitely feel my arm is much improved. I have less pain after each treatment and can now lift my arm up over my head. I have been recommending laser treatment to many of my friends and anyone else who may have a need for laser treatment."

Anthonia - Surrey, BC (supraspinatus tendon)

"I would recommend this to anyone living with an injury or pain"

"I had pain in my right wrist that only seemed to get worse as time went on. My Chiropractor (Dr. Rob) suggested laser therapy as a way to treat the injury and the pain. A close friend of mine had also had the laser therapy done and recommended it highly. Dr. Rob said it would take about 3 to 4 visits. After my first 30 min. treatment I was almost pain free and had full motion back in my wrist. After the second visit I had no pain and would never have known I had even had an injury. I had a total of 3 treatments and am still pain free and very happy with the results. I would recommend this to anyone living with an injury or pain.

Thanks for everything Dr. Rob!"

Ashley S. - Surrey, BC

"I am walking much better with a great reduction in pain."

"After being diagnosed with a ruptured tendon in my right leg, pain in my lower leg from knee to ankle gradually got worse until it was very painful to walk. After reading about Laser Health Solutions in a 55 Plus Magazine, I decided to try their treatment. After one treatment, my leg felt a little better. After 5 treatments supplemented with ice packs, I am walking much better with a great reduction in pain".

Louise B. - Surrey, BC (right leg tendonitis)

BioFlex LILT Patient Testimonials - Tendonitis

"I already felt better on my first treatment..."

"The pain on my right hand started 6-8 months ago, which my doctor called tendonitis. I had a lot of sharp pain from my middle finger going up to my wrist especially at night, and I can't lift up my middle finger when it is bent.

Somebody recommended laser treatment because it helped her as well. I already felt better on my first treatment, and after only four treatments, I am 80 % better."

Trudy E. - Surrey, BC

"...Laser Therapy really did the trick..."

"I was so happy to find Laser Health Solutions in September as I had been limping around with a sore foot since May 2005. I tried physio for approximately one month and found my heel to be getting worse. I then tried orthotics, which has helped, but Laser Therapy really did the trick by reducing the swelling. After about the 8th visit, the pain was not as severe and by the 12th visit, I was walking 90% normal again. A big Thank You to all the staff at Laser Health Solutions and for making each visit an enjoyable one with your friendly smiling faces!"

Dorothy F. - Calgary, AB (heel spur and achilles tendonitis)

"In less than 4 treatments it was feeling much better."

"On the last five kilometers of the 60K Weekend to End Breast Cancer, my right foot gave out. It turned out to be a bad case of tendonitis. Just simply icing it was not helping. I sought out extra help, recommended by a friend. It was laser treatments. In less than 4 treatments it was feeling much better. After 5 treatments my foot was back to normal.

Thanks to Jackie & Dr. Rob, I can do my normal routine of 30K/week and workout at the gym 3x/week"

Sherril W. - Surrey, BC (extensor tendonitis)

"I'm able to resume my activities with barely any discomfort..."

"I came in complaining of pain and discomfort due to a Bakers Cyst and tendonitis of a hamstring. After 11 treatments with cold laser, the cyst seemed to be gone and the discomfort has been hugely alleviated! I have much greater range of motion during exercise and I'm able to resume my activities with barely any discomfort. Not only has the cyst disappeared, but I'm confident that the tendonitis which caused the Bakers Cyst has also healed through the laser treatments."

Jane R. - Calgary, AB (bakers cyst and tendonitis)