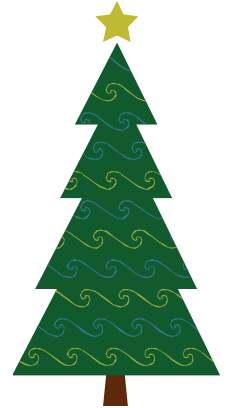




Cathy Busby

The Staff at Physical Solutions wishes a Blessed and SAFE Holiday Season to all! This time of year gives us even more opportunity to reflect on all that we have to be thankful for. It is our privilege to assist our patients and clients in achieving and maintaining a healthy painfree lifestyle.

Below you will learn about a powerful modality that is a useful adjunct to reduce or eliminate pain. We're excited about the speedy relief that cold laser has provided for many and we want to spread the word about it. If you would like to sign up for a regular email version of this newsletter delivered to your email inbox, sign up on our website (<http://physicalsolutionsnc.com>) or contact our office and we'd be happy to add you to the list.



CUTTING EDGE TECHNOLOGY: LOW LEVEL LASER THERAPY (COLD LASER)

Using the Microlight 830: The only laser FDA approved in the US for pain and other ailments

We have achieved amazing results in relieving musculoskeletal pain with cold laser treatments since 2005. Physical Solutions is again leading the way as the first physical therapy clinic in this area to offer low-level laser therapy.

The following are some examples of our patients who have received astounding results:

- Kathy was a patient with a 3-year history of bilateral plantar fasciitis foot pain (irritation and swelling of the thick tissue on the bottom of the foot). She had tried multiple treatments without any results. Her pain was 60% improved with cold laser in just a few sessions.
- Jan described a classic whiplash-type injury resulting in pain radiating into her arm. Within the first few sessions with cold laser, all of her arm symptoms had resolved.
- Daniel is a young athlete whose chief complaint was lower back pain. Cold laser was used as an adjunct to strengthening and soft tissue massage. He reported an immediate reduction in his discomfort following the cold laser treatment.



AROUND THE OFFICE (AND BEYOND!)

Mrs. "B" started as a low back pain patient with us then became a personal training client. Through working with Mark and changing her diet, she has been able to improve her health significantly. She is an inspirational volunteer and strong advocate of the Inter-Faith Food Shuttle. We have decided to honor her this season by sending our annual charitable donation to the Inter-Faith Food Shuttle. Way to go, Mrs. "B"!

If you would like to join us in contributing to this wonderful cause, we will keep a collection envelope available at the front desk through Monday, Dec 21st

<http://www.foodshuttle.org/>

- Deborah had back fusion surgery with plates and screws and experienced recurrence of her leg symptoms. She required strengthening of her involved muscles and the cold laser successfully eliminated her leg discomfort.

Cold laser therapy is a treatment that uses a specific wavelength of light to impact body tissues and helps to accelerate the healing process. The light energy is absorbed by cells and that initiates a series of events in the cells that eventually results in normalizing damaged or injured tissue, reducing pain, inflammation and edema. These cellular changes shorten overall healing time by increasing intracellular metabolism.

Cold laser can be used on patients who suffer from a variety of acute and chronic conditions in order to help eliminate pain, swelling, and reduce spasms. Many collegiate and professional sports teams are using cold laser to treat their athletes. Not only have we found cold laser to be an amazingly effective modality, the patient experiences no discomfort during its application and it also offers the great advantage of no known side effects.

QUICK LINKS...

Microlight:

For more information about the Microlight, cold lasers in general, and their use in controlling chronic pain, check out the following websites:

- www.microlightcorp.com/
- www.coldlasers.org/
- www.medpagetoday.com/Neurology/PainManagement/16988

ABOUT PHYSICAL SOLUTIONS

Physical Solutions was founded by Cathy Busby to provide effective, efficient solutions to relieve pain and to return individuals to the highest level of function possible. Cathy's experience as an athlete, teacher, coach, and physical therapist gives her a unique perspective to help you work toward peak physical performance, whether you're an athlete or if you just want to be able to do daily activities without pain.

Cathy's unique ability to biomechanically analyze movement and her manual therapy skills leads to effective correction of each individual's problem. Working with her team at Physical Solutions, clients can move seamlessly to a fitness/ training program in a safe environment to achieve the best physical condition and health ever.

**Our office will be closed
December 24 and 25th, and
January 1.**

From everyone at Physical Solutions...
Happy Holidays !

FREE CONSULTATION AT PHYSICAL SOLUTIONS, AN \$80 VALUE

Is physical therapy right for you?

Decide for yourself during a free, personalized visit with one of our licensed physical therapists. Learn during this initial consultation whether you might benefit from physical therapy.

When you call to make an appointment, mention this offer for your free consultation.