

A New Type of Practice: Combining Traditional Podiatric Treatments with Laser Technologies



By Jason Morris, DPM, of Primera Podiatry, Laser & Foot Spa in Atlanta, GA

I first went into private practice in 2005, but quickly burned out on the traditional medical practice model and its reliance on insurance to approve traditional and alternative procedures. I envisioned a new type of practice, one that offered the very best medical, aesthetic and therapy care available. In January of 2012, Primera Podiatry, Laser and Foot Spa became the reality derived from that vision, combining traditional podiatric treatments, a medical foot spa, and laser technologies.

Before opening Primera, I had been aware of the use of MLS laser technology in the veterinary field and was intrigued when I saw an ad for an MLS laser designed to treat pain, inflammation, and a host of difficult to alleviate podiatric conditions. Though I was already using a 5-in-1 laser for aesthetic treatments as well as for onychomycosis, I did not have any experience using an MLS laser for therapeutic applications. Naturally, my practice treats a diverse range of ailments, including plantar fasciitis, bursitis, arthritis, and various forms of tendonitis. I was fascinated by the possibility of being able to use MLS laser therapy to treat all of these conditions, and scores more, non-invasively, without the use of medications, or even causing patient discomfort. After consulting a highly respected colleague who runs an extensive laser center in another state, I was spurred on by his high praise for the technology. I delved into any available information to determine the efficacy of laser therapy treatment. Ultimately, I was assured that MLS laser therapy is a huge benefit to the industry and my practice after seeing the laser in use and observing the positive effects it had on my patients.

The value of the technology was demonstrated for me when a few patients were treated at my office by a visiting **Cutting Edge Laser Technologies** representative with the MLS therapeutic laser. An office administrator was treated for a painful condition resulting from an injury sustained in a car accident. She reported that her pain was significantly better after just one treatment, and made appointments for follow-up visits. A nurse who had long suffered with tendonitis reported that she was feeling significantly better the day following treatment. All the patients treated

saw improvement from the MLS therapy laser. I was completely convinced of the efficacy of MLS laser therapy to alternatively treat obstinate conditions, including Achilles tendonitis. Without the use of prescription medication, painful injections, or months of waiting to see results, MLS laser therapy brings rapid relief by reducing inflam-



mation and significantly diminishing pain within three treatments.

Before adding an MLS therapy laser to my practice, I did have concerns about the laser not working up to my expectations. I was also concerned that if the patients didn't see improvement quickly, they would decline further treatments. After seeing the technology in practice my concerns were abated. Any concerns about the profitability of the laser were also quickly alleviated as patients were treated, saw continued dramatic results and began referring friends and family to my office. Patients love that laser therapy is a painless treatment, without the discomfort and inconvenience of many

traditional therapies such as NSAIDs, painful shots, and medications that can have deleterious effects and still not alleviate the pain.

I wanted the best and newest features available in a therapy laser and was especially interested in the robotic features of the M6. The M6 allows me to program the laser so that the treatment will be safely performed without direct hands-on attention. I have used my M6 laser to treat a variety of ailments, including plantar fasciitis, bursitis, knee pain, and difficult to treat Achilles tendonitis. In fact,

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A New Type of Practice *(continued)*

out of the 40 to 50 patients I have treated with the laser, only one patient did not report positive results. Her case was somewhat unique as she had a 4-5 year history of plantar fasciitis, had seen up to 5 doctors before me, and she only agreed to three MLS therapy treatments instead of the full 6-10 treatments I had recommended.

The use of MLS laser therapy has afforded me the opportunity to treat some incredibly complicated cases with amazing results. Recently a nurse came into the office after spraining her ankle stepping off a curb the previous day. The ankle was badly swollen, and my nurse took X-rays which showed no fractures. The strain was sustained in the peroneal tendon which can be difficult to treat using traditional modalities and could take weeks to heal. The patient has two small children and of course

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could not afford to be immobilized for too long. She opted for MLS laser therapy in the hopes that her recovery time would be shortened. Only 2 days after her first treatment, all of the bruising and swelling had abated, and she reported a 70% reduction in pain; she was effectively well again within about a week. In truth, it was the fastest I have seen an injury improve with any treatment modalities. She had this to say about her experience with MLS therapy and Primera Podiatry:

"Being a nurse I have high expectations when it comes to medical care. The entire Primera Podiatry staff was courteous and prompt and their state-of-the-art technology provides patients with an experience unlike any other. I injured my foot and called Primera the following morning. I was able to get a same day appointment and a treatment plan was established that day which included Primera's MLS Robotic Laser therapy. The morning after the first treatment, the intense bruising and large hematoma miraculously disappeared from my foot. A couple of days later

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Another patient had been seeking treatment for nerve entrapment in the medial calcaneal branch of her right foot. The pain had brought her life to a halt. After two and a half years of trying traditional modalities such as nerve blocks, cortisone shots, and even travelling out of state to consult a nerve specialist, she called my office. After discussing her options, she was willing to try MLS laser therapy for a full 6-10 treatment program though she understood that success was not guaranteed. After her first session she was feeling results, and after five treatments she reports an 80% improvement. To date, MLS therapy is the only modality to give her relief.

I believe that MLS laser therapy is an incredible benefit to both my patients and to my practice. It is exciting to be able to offer my patients a modality that is proven time and again to produce significant and powerful results. I am 100% satisfied with my MLS therapy laser, and look forward to adding more lasers to my practice. I feel strongly that as the technology becomes known as a fast, painless,

and effective modality, MLS laser therapy will be recognized by more and more physicians as a versatile treatment modality.

For more information on MLS Laser Therapy from Cutting Edge Laser Technologies, call 800-889-4184, visit www.CELasers.com, or [click here](#).