

## MLS® Laser Therapy as Primary Modality for Pain Relief and Post-Operative Care

**By Dr. Jeffrey Adler, DPM,  
Medical/Surgical Director of Adler  
Footcare of Greater New York, NY**

At age 15, I started working for my father as an office assistant in his podiatry practice. After seeing what he did, how he approached the profession, and the way he interacted with patients, I began to entertain the idea of becoming a podiatrist or physician. I ended up following in his footsteps, so to speak, embarking on my career as a podiatrist in 1979 and subsequently performing thousands of surgeries and owning my own practice.

Today, I am the Medical/Surgical Director and owner of Adler Footcare of Greater New York with offices in Manhattan and White Plains. I also serve as a Professor of Minimally Invasive Foot Surgery for the Academy of Ambulatory Foot and Ankle Surgeons, speak often on podiatry, and deliver workshops. These activities aid me in staying current on podiatric advances.



Dr. Jeffrey Adler, DPM

or MLS, at a presentation made by a colleague, and was intrigued by the testimonials, especially those related to pain relief provided by the MLS Therapy Lasers from **Cutting Edge Laser Technologies**.

At Adler Footcare of Greater New York, we have a large pain-management surgical practice, addressing bursitis, capsulitis, plantar fasciitis, synovitis, and other conditions. Because of this, and what my research on various laser technologies uncovered, we purchased an M6 MLS Therapy Laser from Cutting Edge in 2013.

Beginning with the first treatments, we saw significant pain relief efficacy with MLS Laser Therapy. We quickly found it valuable when physical therapy or orthotics were not adequate.

Now MLS Laser Therapy is our primary modality for expedited pain relief. We often alternate the laser with other physiotherapy modalities, using ultrasound, electrical stimulation, hydrotherapy, manipulation, and massage in conjunction. If we see a patient on Wednesday and use the laser, Friday we will treat with a different technique. This alternating series will continue for several weeks, and we can then determine if the patient requires surgery.

Many of our patients have a foot deformity causing pain and problems, including ankle and rear-foot issues. We perform many surgeries. As patients approach sur-

**For each patient who comes  
in with pain, MLS Laser Therapy  
from Cutting Edge Technologies  
is our primary modality  
for expedited pain relief.**

My father was a pioneer in minimally invasive podiatric surgery, and I have continued to innovate along that path with goals of significantly reducing recovery times and pain. There are many ways to approach a podiatry practice, and we encompass surgery, physical therapy, testing, and a range of other modalities. I can honestly say that a few years ago I could not imagine some of the advances we benefit from today, including aspects such as MLS Laser Therapy. Each year is a new, rewarding adventure in terms of capabilities.

Concerning laser therapy, my experience has been quite extensive. In the mid-1980s, I worked with gynecological lasers adapted for podiatry, as well as CO2 lasers. I learned about the Multi-wave Locked System,

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gery, we strive to get them as pain-free as possible prior to the procedure. They still have a deformity and a problem, and once you stop the physical therapy the pain is going to return because it is secondary to the deformity. We utilize MLS Laser Therapy as part of the treatment for reducing initial pain. I would say 95% of our patients

## MLS® Laser Therapy *(continued)*

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were able to obtain about an 80% reduction in pain, prior to surgery.

We also use it immediately, post-operatively, on any type of pain and swelling, and as a wound-cleansing aid. In our joint-commissioned, certified operating room we have not experienced an infection caused by us in approximately five years. We attribute this to sound infection-control practices and MLS Laser Therapy.

In terms of benefits to our practice, patients sometimes express an initial skepticism and then find the laser treatment an eye-opening experience. They transition from “You’re going to shine a light on me that’s going to help my pain?” to expressing great appreciation of the degree of pain relief achieved. Patients are effusive in praise of the significant pain relief that MLS Laser Therapy provides. Even when it is not covered by insurance, it becomes a must-have. And these patients are very vocal in recommending our practice and MLS Laser Therapy. Those good words are spread and create a big referral space for us.

I am a complete believer and proponent of the MLS

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Laser. I’ve used it on my wife, my son, and myself with positive outcomes and marked pain relief. We have MLS Therapy Lasers from Cutting Edge in both our White Plains and Midtown Manhattan offices and use them

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daily. My direct experience with MLS Laser Therapy has proven to me that this system, offered only by Cutting Edge Laser Technologies, delivers the most versatile and valuable laser therapy available.

*For more information on MLS Laser Therapy from Cutting Edge Laser Technologies, call 800-889-4184 x400, visit [www.CELasers.com](http://www.CELasers.com), or click here.*

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