

Dr. Michael J. Chin: Advancing Athletic Care with MLS Laser Therapy at The Running Institute

By Marléna Ahearn

With a focus on treating athletes, Dr. Michael J. Chin, DPM, FACFAS, has been serving Chicago’s active community through his practice The Running Institute. Since its inception, Dr. Chin has integrated advanced treatment technologies and personalized care to help patients achieve optimal health and performance.

In practice for 23 years and in sports medicine for 15 years, Dr. Chin founded The Running Institute in 2008 to fulfill his passion of working with athletes in the Chicago-land area. His involvement with the Bank of America Chicago Marathon, local professional dance companies, local running clubs, and various other sports organizations underscores his commitment to the athletic community.

In 2018, Dr. Chin introduced robotic MLS Laser Therapy to his practice, highlighting his dedication to optimizing patient recovery and care.

“The outcomes in the treatment protocols work with my patient population and it frees up staff and time,” says Dr. Chin, referring to the device’s ability to treat patients autonomously. “I’m able to serve more patients and pro-

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vide more consistent treatments, which builds their confidence in our service.”

MLS Laser Therapy uses concentrated light energy to stimulate biological processes at the cellular level, accelerating healing, reducing pain, and minimizing inflammation. Adopting this advanced modality has allowed Dr. Chin’s patients to return to their sport with no side effects or downtime.

At The Running Institute, Dr. Chin and his team treat a variety of conditions commonly affecting athletes and active individuals, including acute ankle sprains, bursitis, plantar fasciitis, Achilles tendinitis, and post-operative treatments. Approximately 40% of these patients receive MLS Laser Therapy as part of their treatment plan. The effectiveness and lack of downtime have made MLS Laser Therapy a popular choice among his patients.

The Running Institute frequently sees patients in the middle of training programs who cannot afford downtime. Dr. Chin can effectively treat those who prefer to avoid injections like cortisone or worry about medication side effects such as fatigue or GI upset. His patients recover faster and

often don’t have to stop training.

“Patients feel confident that it’s working, and they’re not coming back to the same condition over and over again. With laser therapy, we are able to minimize the use of narcotics or inflammatories—without causing any disruption of the healing process. My patients are now able to return to some of their daily activities on a quicker basis,” says Dr. Chin.



Dr. Chin’s extensive background, including residencies at VA—Palo Alto/Stanford University Medical Center and Advocate Illinois Masonic Medical Center, combined with affiliations with esteemed organizations like the American College of Foot and Ankle Surgeons, set the foundation for the high standard of care at The Running Institute. The clinic also offers orthobiologic injections, shockwave (EPAT®) treatments, x-ray, ultrasound, 3-D CT scans, custom foot orthotics, and biomechanical analysis, ensuring a comprehensive approach to foot and ankle health.

According to Dr. Chin, it is crucial for foot and ankle surgeons to find a niche to establish a successful practice and make a significant impact on patient care. Specializing in a specific area, whether it be sports medicine, diabetic foot care, or pediatric podiatry, allows practitioners to develop deep expertise, offer tailored treatments, invest in relevant technology, and build a reputation as an expert in that field. This focus not only enhances patient outcomes but also helps attract a dedicated patient base seeking specialized care, ultimately driving the growth and success of the practice. By diving into podiatric sports medicine, Dr. Chin found his passion and how to make a real difference for his patients and his community.

“I discovered my niche in working with people who are invested in getting better,” says Dr. Chin. “I like developing relationships with patients and getting them back into the game. But you have to create your story.”

By integrating advanced therapies, The Running Institute continues to be a leader in sports medicine and podiatry, offering a game plan for healing to the active Chicago community.

For more information on MLS Laser Therapy from Cutting Edge Laser Technologies, visit celasers.com or click here.