**Low level laser therapy in Podiatry**

**What is low level laser**

Low level laser therapy is the application of light at a particular frequency to the foot to treat foot pain and aid healing.

Low level laser therapy works by triggering your body’s own pain relief mechanism which in turn aids healing and repair.

A course of 6 Low level laser appointments are offered as appropriate together when other treatments for your symptoms such as orthotics, changes to footwear, stretching and strengthening exercises have not fully resolved your symptoms. Patients offered these appointments must be able to commit to completing the full course.

**How is the laser applied?**

At your treatment, you will be given a pair of protective goggles to wear, it is essential that these are worn as the laser can damage your eyes.

The laser probe is applied to the area of pain at a wavelength and for a duration of time that the Podiatrist feels is appropriate for your condition.

You will not feel any pain or burning whilst the probe is applied to your foot, however, there may well be a post treatment “flare” of pain where your symptoms worsen slightly for 1 or 2 days, this is normal.

**When will my pain go?**

Although laser is beneficial for most, not everyone will have a resolution of their symptoms.

It is expected that your pain will gradually reduce over a number of weeks. You will be offered a follow up appointment in the biomechanics clinic as appropriate after you have completed the course of treatment.