

Laser Lights Way in Pain Relief

by Helena Ho

Ann Liebert is not just your neighbourhood physio. She is at the forefront of a treatment regime, one that has only recently been accepted by the medical profession. This treatment is Low Level Laser Therapy, used specifically on patients who suffer from various chronic pain conditions.

“It’s particularly good for chronic pain that doesn’t respond to other treatments,” says Ms Liebert, who runs her own clinic on Hampden Road.

Chronic pain conditions include whiplash, back pain, migraines or severe injuries where the body hasn’t completely healed. Ms Liebert advocates this treatment particularly for the elderly, and she also does at-home treatments catering for that demographic.

“We’ve had patients up to 105 [years of age] whom we’ve treated,” she says. “You can still improve if you have a musculoskeletal injury, even to the last decade of life – especially if you can’t take a lot of drugs or have a lot of surgery.”

Low level laser treatment is a safe and easy process, is up to 15 minutes a session and takes as little as five to seven treatments, depending on the severity of pain. It is non-invasive, has no risk of infection.

Ms Liebert has been practising laser treatment for the past 23 years. She knows exactly the right amount of laser to prescribe, each dosage measured in joules, and varying depending on the condition.

“The trouble with laser in the past is that people didn’t understand the dosages, and hadn’t done enough studies,” she says.

“But when they stick to the World Association of Laser Therapists (WALT) guideline doses, 80% of



Ms Ann Liebert during her recent visit to Bergen, Norway, to study optimal therapeutic use of the low level laser treatment.

those trials have been positive.”

For discrete injuries, laser serves as an efficient form of therapy in the medium term. In 2009, an article in one of the world’s leading medical journals, *The Lancet*, stated that after participating in laser therapy, 80% of people with neck pain showed improvements.

“There’s a solid medical argument for low level laser therapy, and it’s been increasing over the last ten years,” says Ms Liebert.

For those who doubt this form of treatment, Ms Liebert recommends that they look at the full breadth of medicine.

“There is a very good evidence base for it, especially in medical articles such as [in] *The Lancet* and [by] the WALT,” she adds.

“I’ve had a practice for 23 years, so

I see people subsequently and know what happened with this intervention.”

Low level laser therapy is even available as at-home packages, serving as an adjunct treatment to physiotherapy. They come in much smaller dosages but are suitable for smaller areas, such as the hands or feet.

Ms Liebert hopes that this treatment will be a viable option for those suffering acute chronic conditions in the Artarmon community.

“I see myself as being proactive,” she says. “I would like to treat people in the Artarmon community with the quickest and best treatment available.”

Ms Liebert is conducting a doctoral research program on laser therapy, at the University of Sydney. She will present her research at the North American Association For Light Therapy Conference next month in Washington D.C. ■

Inside

Editorial	page 2
Letters to the Editor	Page 2
A Note from the President	page 3
Channel 9 Update	page 3
Cameron Avenue?	page 4
Artarmon Station Accessibility	page 5
Artarmon Dentist Retires	page 7
Artarmon Village	page 8-9
Councillors’ Feedback	page 10-11
Sustainability Street	page 12
Get Well Mollie	page 13
Community Page	page 14
Local Parking Issues Update	page 15