

Low-Level Laser Therapy for Shoulder Pain: Everything You Need to Know



From scratching your back to throwing a ball, the shoulder joint is necessary for facilitating a wide range of movements. However, the incredibly complex structure makes it susceptible to a host of different injuries that may result in various levels of shoulder pain.

[Shoulder pain is a fairly common complaint](#) in a general primary care setting. One of the more sizeable portions of patients suffering from shoulder pain is those with a rotator cuff pathology, more specifically rotator cuff tendinitis. [Studies](#) have shown that low-level laser therapy is highly effective in helping treat shoulder pain.

Here's everything you need to know.

What is Low-Level Laser Therapy?

Low-Level Laser Therapy, also known as Low-Level Light Therapy, is a low-intensity photochemical form of therapy; it is not thermal. The focused low-intensity light triggers biochemical changes at the cellular level. The process is non-invasive and is proving to be

increasingly effective in [helping treat a multitude of conditions](#) that require stimulation for relief of acute or chronic pain and inflammation, healing, and functional restoration.

The treatment is customizable to facilitate various conditions from patient to patient.



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Shoulder tendinopathy is caused by damage or irritation to the muscle's tendon in the shoulder. Repeated microtrauma like impingement causes the tendons to become swollen or inflamed, resulting in pain and at times, loss of motion or strength.

A combination of low-level laser therapy and shoulder exercises has [proven to be effective](#) in combating pain caused by shoulder tendinopathy. The combination of rotator cuff exercises, such as static push out, static push in, blade squeezes, pendular exercises, side-lying external rotation, prone horizontal abduction, and more, with low-intensity, non-invasive laser treatment at the shoulder joint significantly reduces painful symptoms, improves mobility, range of motion, and allows functional activities to be performed.

[Controlled clinical trials](#) with groups that received laser treatment and were made to perform basic exercises showed more improvement than groups that were only made to perform the exercises.

If shoulder pain has been impairing your ability to carry out regular tasks, consider visiting a professional healthcare provider for low-level laser therapy.

We are a reputable healthcare and physiotherapy provider based in **Calgary**. We specialize in [shoulder pain treatment](#) and have a multidisciplinary team of healthcare professionals on board. Our approach to treatment is evidence-based, and one of our primary methods is the use of [FX 635 Laser Device](#) for **chronic pain management**.

Get in touch with us and [schedule an appointment](#).

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