

Newsletter

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Practice Updates

- **Now offering deep tissue laser therapy.**
- **New Hazelton location- Dr. Dan Gavio**
- **Holiday Charity initiative**
- **Chiroflow pillows now available**

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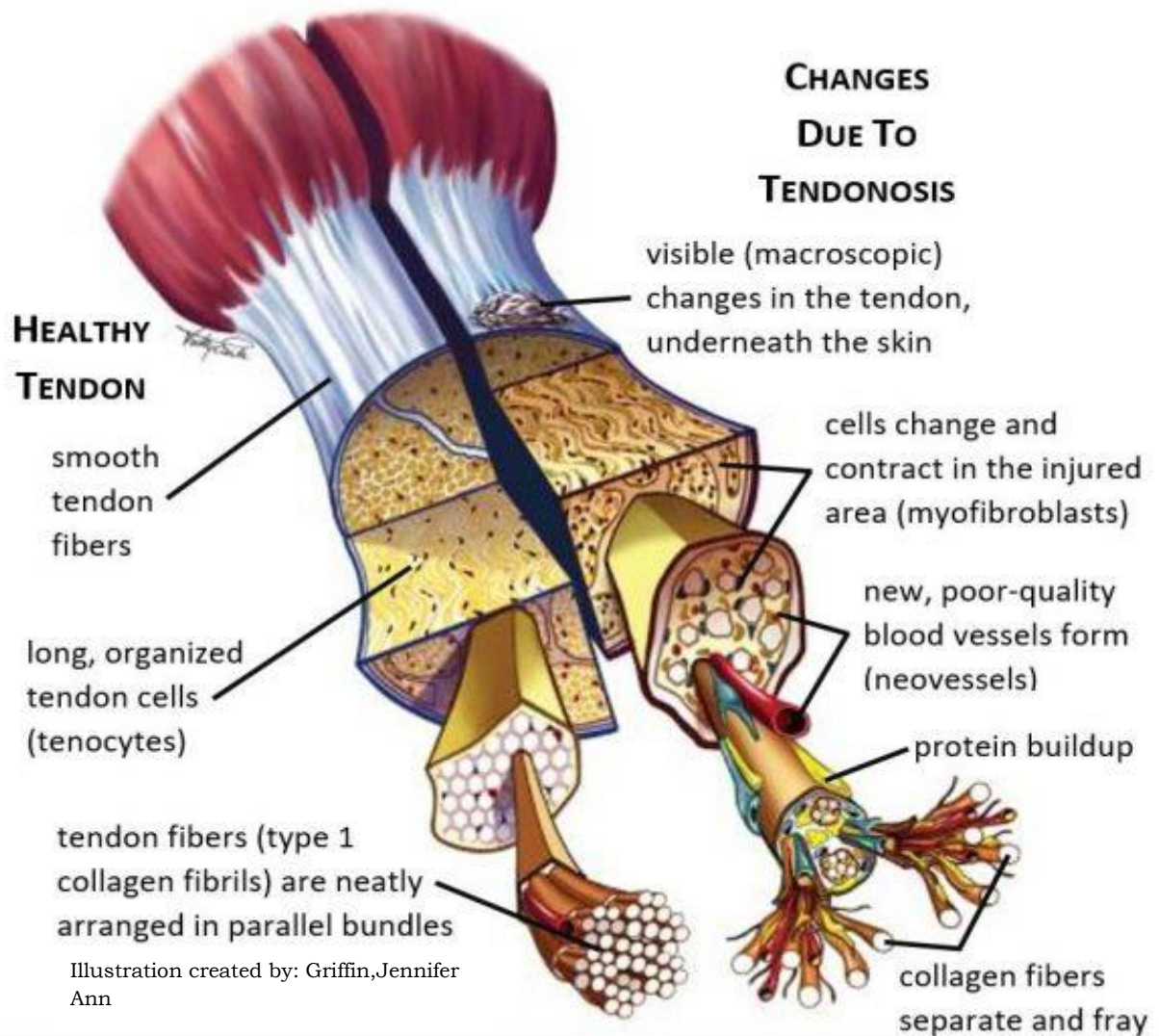
Deep Tissue Laser Therapy: What it is and how it can help

We are extremely excited to announce our new partnership with Lightforce therapy lasers. Laser therapy is endorsed by professional clinical organizations, including the World Health Organization (WHO), American Physical Therapy Association (APTA), and the International Association for the Study of Pain (IASP®) with over 3,000 research studies having been conducted in the field. It is the official laser modality used in the NHL, NBA, MLB, and NFL.

Laser therapy, also known as photobiomodulation therapy, is a non-invasive treatment that uses laser light to stimulate, preserve, and regenerate cells and tissue. By targeting light receptors, known as chromophores, and more specifically, cytochrome-C oxidase on the mitochondrial membrane,

cells produce more ATP (energy) which helps restore normal cellular metabolism. The effects on cellular metabolism helps injured cells/tissue heal faster. In addition to expediting the healing process, laser therapy achieves unique analgesic abilities by decreasing inflammation and slowing the nerve firing rate of C and A-delta fibers. As a result, it is very common to experience an immediate decrease in pain after an initial treatment.

Laser therapy has growing evidence of benefit with treating a variety of conditions including post surgical pain, back and neck pain, TMJ, joint arthritis, muscle soreness related to exercise, tendinopathies, and strain/sprain type injuries both of acute and/or chronic duration. The illustration on the following page demonstrates changes in a tendon as a result of prior tissue damage, chronic inflammation, and tissue degeneration. One of most



profound effects of photobiomodulation is the ability to facilitate fibroblastic, osteoblastic, and tenocyte activity. Stimulating these key precursors in tissue repair promotes collagen deposition, microcirculation, neovascularization, and increasing macrophage activity. All these are key components of expediting tissue healing and defending against chronic tissue dysfunction.

So why should you consider adding it to your plan of care? Laser is a tremendous compliment to your chiropractic manipulation, joint and muscle mobilization, and home care regimens. Not only is it helping tissue recover faster, but it is helping with alleviating pain, and promoting better tissue function. It is a quick, comfortable, and non-invasive treatment option with very few to no side effects. If you have any additional questions regarding

laser therapy, as an adjunct procedure for your current care plan, please feel free to ask your provider and see if it would be a reasonable option for your presenting condition.



Below is a list of conditions that are commonly treated with laser therapy and have shown to benefit most:

- Achilles tendinosis
- Plantar fasciitis
- Hip bursitis
- Chronic back and neck pain
- Arthritic pain
- Rotator cuff tendinosis
- Tennis and Golfer's elbow
- Trigger finger
- TMJ
- Carpal tunnel



New Year New You Challenge

Starting January 2nd we will be kicking off the New Year with an 8 week weight loss competition. Entry into the contest will require the purchase of at least 1 box of Potential Power Nutrition protein supplement (14 servings/box \$49.99) to compliment our recommended diet plan. Sign ups will be held between January 2nd through January 31st. Upon signing up we will obtain an initial weight and waist size measurement. Your 8 week window starts immediately after initial measurements are obtained. Percentage of body weight lost and inches off the waistline will be calculated to determine the winners.

1st place winner: Receives choice of either a wellness 12 adjustment package or a 12 deep tissue laser therapy package on an area of choice. Both >\$500 value.

2nd place winner: Receives a 6 treatment deep tissue laser therapy package to be used on an area of choice. \$300 value

3rd place winner: Receives a free box of Potential Power Nutrition protein supplement. \$50 value.

We will supply a recommended diet plan for all contestants. Compliance and exercise volume is up to the individual.

Exclusions:

- Recent or scheduled bariatric surgery
- On a current weight loss medication
- On another prescribed diet plan or weight loss supplement

Upcoming Holiday Updates

Schedule

With the holiday season quickly approaching we encourage everyone to take time out of their busy schedules to recharge and reconnect with family and friends. **Our office will be closed Christmas day through New Years day for a holiday reset. Office hours on Christmas eve will be from 8am until 12pm. We will reopen for normal operation on January 2nd 2025.** During this off time, we will be monitoring the phone lines and online messaging system for emergent needs. If anything would arise please do not hesitate to reach out.

Donations

Between Thanksgiving day and Christmas Eve we will be collecting donations for Turning Point of the Lehigh Valley. Turning point is a safehouse for survivors of domestic and/or partner abuse. Here is a list of high priority items for the organization: (We will have a box near our office Christmas tree where you can drop off donations)

- Art supplies and toys for children of all ages
- Bed sheets
- Bath towels
- Baby wipes, diapers, formula, bottles, clothing
- Toiletries including soaps, shampoos, detergents, lotions, tooth brushes & toothpaste
- Clothing for all ages, pajamas, lounge wear, socks, undergarments
- Phone chargers

We are Expanding!

We are thrilled to announce that we will be adding a second practice location in the Hazelton area. Our tentative opening date will be 12/1/24. To lead that practice, we are more than excited to announce the addition of Dr. Dan Gavio. Dr. Gavio was previously with LVPG for 10 years, and has practiced in the Hazelton area for 17 years. Within that time he has built a tremendous reputation within the health care community. He originally went to the University of Tampa, obtaining a degree in Allied Health, before attending Palmer Chiropractic College-Florida where he received his doctoral degree. In addition to spinal manipulation, Dr. Gavio is specially trained in various myofascial release techniques including active release technique (ART), Graston, fascial stretch and manipulation, transverse tendon ligament stretching (TTLS) and functional and kinetic treatment with rehabilitation (FAKTR). As a competitive athlete, himself, he brings a unique background in working with athletes of all types. His clinical expertise, patient repour, and most importantly, him as a genuinely great person makes him a valued addition to our team.



Hazelton location

Lantern Lane Plaza

314 S. Main St. Unit B

Sugarloaf, PA 18249

Tentative opening date:

12/1/24