



**J Rod McGinnis DC**  
**Fish Without Pain**  
& Chiropractic Wellness Center  
2020 Hurley Way Suite 190  
Sacramento Ca 95825  
**929-8155**

## So you have a shoulder or elbow problem.....??

Most fishermen, archers and golfers have experienced a sudden onset of a severe shoulder or elbow condition that has a profound effect on their sport. The pain stops you in your tracks and you're done. In my case several years ago, it was a simple movement of the shoulder after my daily work out that I had immediate pain on any motion. The pain was so severe, that it was difficult to do simple task like raising my arm, comb my hair, brush my teeth etc... The thought of pitching and flipping would cause me to turn my head and make the facial expression of pain.

My experience lead me to research things that could be used to speed up relief and promote faster healing of the pain and dysfunction of the shoulder or elbow injuries, that so many of us receive during our sporting careers..

Through continued research, I discovered a new therapy that has only been approved by the FDA in the last few years and not many practitioners (Chiropractors and Medical Doctors) are even aware of this new device called a Class IV Klaser. Most therapeutic lasers that are used are only a class III (meaning its power is only 1/40th of the class IV).

## **Not sure yet...?**

I have been using the high powered laser on local amateurs and pros fishermen for the last year. If you need some reassurance ask Gary or Richard Dobyns of Dobyns Rods or one of the following Pro staff. ( Chris Raza, Mike Nichelini, Don Pety, Rod Lee,) Several have been treated and will let you know how quick it works. You can also ask John Caulfield ( westerbass.com), Randy Pringle (BBT),Mark Lassagne (Bass Angler Magazine) or Kent Brown from Ultimate Bass Radio.

## **How it works...?**

Class IV-level lasers supply energy to the body in the form of thermal photons of light. Light is transmitted through the skin's layers (the dermis, epidermis and the subcutaneous tissue or tissue fat under the skin) at all wavelengths in the visible range. However, light waves in the near infrared ranges penetrate the deepest of all light waves in the visible spectrum. When Class IV level laser waves penetrate deeply into the skin, they optimize the immune responses of your blood. This has both anti-inflammatory and immunosuppressive effects.

## **Does it hurt to have it done...?**

For most people, laser therapy is quite passive. There are no gels or ointments that need to be applied prior to treatment. No pulsating shocks are felt as in forms of electric stimulation. The most notable sensation is the pressure of the probe head of the laser as it comes in contact with the skin and the occasional warm sensation. Some patients have reported a slight tingling or tapping in a nerve or along a nerve pathway. Some have noted that they are able to sense a slight feeling of warmth. But for the most part, the treatment, which may last from 5 to 15 minutes, is not noticed at all.

Following a laser therapy session, approximately 80% of patients being treated can notice an immediate improvement in their condition. However it's the next few days that they notice or should I say don't notice the pains. This will depend primarily on the type of condition and the length of time the condition has been present.

## **You will know in 3 treatments.....**

Generally, the more chronic or severe the condition, the longer it takes to respond. The majority of conditions treated will take anywhere from 3-5 treatments. Once again, the number of treatments depends upon the severity of the condition and its duration. If your condition does not change immediately, it may take 3-4 sessions before a dramatic or marked change is perceived. We have had reports that the pain was 50% gone in one day and after several days it was 85% gone. There are some conditions that will never completely resolve but can be helped and maintained with laser therapy.

## **Conditions it works on.....**

According to published Medical Reports, many acute and chronic conditions may be improved or eliminated with laser therapy, including: Tendonitis, back and neck pain, carpal tunnel, tennis elbow, sprains/strains, plantar fasciitis, rheumatoid arthritis, osteoarthritis, shingles, post-traumatic injuries, fibromyalgia, neuropathy, venous ulcers, diabetic foot ulcers burns, and much more.

Laser Therapy Increases the speed, quality and tensile strength of tissue repair, Increases blood supply, Relieves acute and chronic pains, Stimulates nerve function, Helps generate new and healthy cells and tissue, Promotes faster wound healing and clot formation and Reduces inflammation.

### **What this means to you.....**

You're back in the boat faster.

If you are interested in treatment or a consultation, contact my office and we can help you. I am the first in Sacramento to use this laser. Those of you that have been fighting that pesky shoulder, Elbow issue and knee joint pain, give me a call and let's take the first step of getting you back in the boat.

*Dr J Rod McGinnis Laser Therapy Center And Chiropractic Wellness Center, or FWOP (Fish Without Pain) is located in Sacramento and has been helping people get out of pain and back on line with Chiropractic, Nutritional Consulting , Detoxification And Pain reduction for over 20 years. Now with the Klaser that entire process is shortened and more responsive. Dr McGinnis can be contacted at 916-919-8155 or by email at [FWOP@sbcglobal.net](mailto:FWOP@sbcglobal.net)*