

# Painful Feet Associated with Neuropathy Respond to Infrared Therapy...

Anodyne therapy, a relatively new treatment based upon the effects of infrared light, has been shown to be effective in the reduction of symptoms associated with peripheral neuropathy. Additional benefits include improved balance and accelerated wound healing.

In the past, patient's suffering with painful or numb feet had to learn to live with their discomfort. However, with the discovery of the benefits of infrared light, a solution is now available those patients.

Research has shown that exposure to infrared light produces an increase in nitric oxide within treated tissue. This promotes the development of blood vessels which help the tissue to repair itself.

Over the past several years, numerous studies have been published that demonstrate the benefits of this new therapy technique. The largest amount of research has focused on the treatment of peripheral neuropathy. Clinical studies have demonstrated significant reduction in pain, increase in sensation and improvements in balance. Anodyne therapy has also been successful in speeding the healing of wounds associated with vascular deficiency.

Since Anodyne therapy is based upon infrared light, there is no electrical current or deep heat to be concerned about. This allows treatment to be administered to patient with pacemakers or metal implants. Additional applications include post-surgical pain, TMJ problems, headaches and joint pain.



Anodyne therapy is covered by most insurance plans, including Medicare and Workers' Compensation. Typical treatments are 30 minutes in length, three times per week for a period of 6 weeks.

Many patients who suffer from neuropathic disorders have loss strength, balance and endurance as a result of their condition. Southtowns Physical Therapy provides well-equipped exercise facilities at all of their offices. Exercise, when combined with Anodyne, has proven to be a successful combination for many patients.



Until recently, patients with peripheral neuropathy, who were seeking Anodyne therapy, had to travel out of town. Southtowns Physical Therapy has now made Anodyne available locally for patients on an outpatient basis.

Southtown Physical Therapy Group, with offices in West Seneca, Hamburg and Lancaster, has been offering rehabilitation services to residents of Western New York for over 25 years.

With a staff of eleven therapists, including Doctors of Physical Therapy, McKenzie Certified Therapists and a Board Certified Specialist in Orthopedic Physical Therapy, the Southtowns Group strives to offer the highest quality of care in Western New York.

For more information on Anodyne Therapy, or the various programs offered by Southtowns Physical Therapy, call 675-4444.