



29 June 2020

PRESS RELEASE
National Pain Week July 27th to Aug 2nd 2020

LIGHT AS MEDICINE – PHOTOBIO-MODULATION

SMH Sunday Life 26/7/2020 ran a story on a 29 year old's story of living with constant, unrelenting pain, without great emphasis on solutions, or what the science shows re pain free treatments, plus brain training for the patient to change their neurophysiology around their registering of their own pain.

Arthritis is one of the most common, costly, and disabling chronic conditions in Australia and is the leading cause of chronic pain. In its many forms arthritis affects nearly four million Australians of all ages, including at least 6000 children and two million people of working age (15-64 years). The number of Australians with arthritis is projected to rise to 5.4 million by 2030.

The Australian Medical Photobiomodulation Association (AMPA) has clinicians who deal with chronic pain – medical practitioners, specialists, and therapists, including physiotherapists, chiropractors, podiatrists and more. There is ample evidence for effectiveness of light as medicine for the treatment of pain. The RCAGP have recently incorporated science on treatment of knee osteoarthritis (OA) as part of recommended treatment plan of OA.

Light as medicine has been used for over 50 years, yet too often Western medicine manages pain with prescription of pain-relieving drugs, often with dire consequences, due to addiction. Last night's Four Corners story on iCare claimed elements of this, with many injured workers left with significant, unresolved pain.

Pain Podiatrist, Bronwyn Cooper, says all too often patients are offered drugs and/or cortisone injections as first line of treatment. She cites the case of a 9 yr old girl, who was scheduled to have a cortisone injection for her unexplained ankle injury, some 2 years ago.

The parents did not want this painful and invasive option, so instead consulted Cooper, who used a non-painful dose of medical laser therapy in conjunction with kinesiotaping etc. They later reported the pain resolved in 24 hours.

For interviews, please contact:

Please see page 2

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