



Everyday Brain Fitness & Bioflex Laser

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CONSENT TO PHOTOBIOMODULATION AKA LOW INTENSITY LASER THERAPY

Photobiomodulation aka Low Intensity Laser Therapy (LILT) is the use of monochromatic light emission from a low intensity laser diode (250 milliwatts or less) or an array of high intensity Super Luminous Diodes (providing optical power in the 1000-2000 milliwatt range) to treat musculoskeletal injuries, chronic and degenerative conditions and to heal wounds. The light source is placed in contact with the skin allowing the photon energy to penetrate tissue, where it interacts with various intracellular biomolecules resulting in the restoration of normal cell function and enhancement of the body's healing processes.

Photobiomodulation aka Low Intensity Laser Therapy improves and cures multiple pathologies in the shortest possible period of time while achieving the following goals:

1. Absence of pain.
2. Eliminate the need for drugs.
3. Restoration of mobility (normal range of motion).
4. Improve quality of life (activity levels, sleep, etc.)
5. Reduce the need for surgical intervention.

Therapy sessions are usually scheduled 2-3 times a week or more frequently in acute cases, at least initially. Subsequent sessions are scheduled in accordance with the client's status. With regard to the number of therapy sessions, these may vary from 1 to 30. A minimum of 10-15 sessions is recommended. It is important to be aware that before therapy is initiated that the exact number of sessions cannot be predicted. In most cases we expect to see some change in symptomology after 3-5 sessions. There are however exceptions to this rule. Acute injuries generally respond more rapidly than chronic problems and each individual's tissue response varies. Please do not forget that our objective is to minimize the length of therapy and the number of visits. However, on occasion even our best efforts require multiple sessions, patience and time.

Any therapy or procedure intended to help may have complications. The risk of injuries or complications from non-medical photobiomodulation aka LILT therapy is substantially lower than that associated with many medical or other alternative treatments, medications, and procedures given for the same condition. However, it is the practice of this clinic to inform our clients about them. Some clients have experienced exacerbation of pain and tiredness subsequent to therapy. If this occurs, utilize pain medication, and/or ice on the area of involvement and notify the LILT therapist prior to the next session. The existence of this phenomenon is due to a high sensitivity tissue response and protocols will be adjusted accordingly on your next visit. A dull achy sensation subsequent to therapy lasting less than 24 hours indicates that your tissues are reacting positively on a cellular level with the low intensity laser energy. Known contraindications to therapy: directly over the abdomen (fetus) during pregnancy, directly over the thymus gland, clients on photo-sensitive medications, cancer and radiation therapy clients (as they should only be treated by specialists). Laser **cannot** cause cancer, has no cytogenic effects and does not damage tissues.

I acknowledge that I have discussed, or I have had the opportunity to discuss, with my LILT therapist the nature, purpose and procedures of photobiomodulation aka LILT therapy in general, my therapy in particular, alternative therapies and procedures, material risks of those therapies and procedures, the corresponding fee schedule as well as the contents of this consent form. I consent to low intensity laser therapy offered to me by Everyday Brain Fitness and Bioflex Laser, I intend this consent to apply to all my present and future photobiomodulation aka low intensity laser therapy sessions.

Date

Patient Signature /(Legal Guardian)

Guardian's Relationship to Patient

Printed Name