

Tri State Hand Therapy News

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Anodyne Light Therapy for Pain and Numbness

What is Anodyne Therapy?

Anodyne Therapy is a brand name for an infrared device that increases circulation and reduces pain in any area where it is applied to the body.

How does it work?

When you use Velcro straps to apply the pads to the part of the body being treated, it exposes the area to infrared light. This invisible light causes the release of Nitric Oxide which is a powerful vasodilator. This causes the opening of the blood vessels in that area and this facilitates healing to that area. This also reduces inflammation, swelling and tissue breakdown.



Treatment for foot pain and numbness.

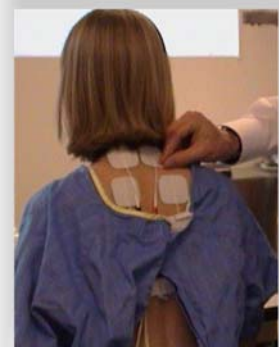
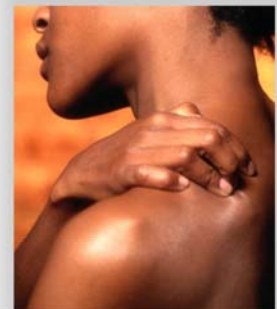


Flexible pads for comfort and conformability.

What type of problems can be treated with Anodyne Therapy?

Any problem that is a result of inflammation, tissue anoxia (lack of blood flow) or any type of pain can be treated with Anodyne Therapy. Some of the many problems that can be treated, include systemic diseases such as:

- 👤 Arthritis
- 👤 Peripheral Neuropathy
- 👤 Fibromyalgia
- 👤 Raynauds Disease
- 👤 Help Close Wounds
- 👤 Balance problems due to loss of sensation in the feet and legs
- 👤 Over-use syndromes



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It can also be used to treat pain, specifically at localized sites and problems such as:

- 👉 Carpal tunnel
- 👉 Trigger finger
- 👉 Elbow pain
- 👉 Rotator cuff tendonitis
- 👉 Bursitis
- 👉 Tendonitis
- 👉 Low back pain
- 👉 Neck pain
- 👉 Numbness and tingling in the feet
- 👉 Tarsal tunnel
- 👉 Plantar fasciitis
- 👉 Foot Pain

The device can also be used for post-surgical complication such as loss of blood to any part of the body: hands, feet, legs, skin grafts, plastic surgeries for breast augmentation or reduction, etc. The main thing to remember is that the device helps restore blood flow and circulation.



8 pads allow bilateral treatment of hands, feet, spine, shoulders, etc.

How do you determine if the Anodyne Therapy is working?

We measure sensation using our painless sensation testing and we measure this periodically. Also you will feel the results of increased sensation, reduced pain and healing. If we restore sensation to your feet, you should notice better balance on your feet. If it reduced pain in your spine, you will feel less pain, be able to walk and tolerate activities better. You may also find you can be on your feet more with less pain and numbness. Some people have also been able to decrease their pain medication due to reduced pain.

Can it be used for tendonitis of the hand, elbow or shoulder?

It is used for tendonitis in the hand such as trigger finger. It can also be used for the elbow for tennis and golfers elbow which cause pain in the muscle or outside of the elbow. We also use it for rotator cuff tendonitis pain in the shoulder with good results.

How long do I have to come to therapy?

The treatment is 3 times per week for 2 to 6 weeks. For diabetic neuropathy, it is longer, about 8 weeks. The treatments are 20 – 30 minutes each. You should start to notice an improvement in the first two weeks.



Do I need a doctors' order to receive the therapy?

Most insurance companies require a doctor's order but you can schedule a free consultation any time. Call us at 301-759-4263 to schedule an appointment. Almost all insurances cover the infrared Anodyne Therapy.

If you, a friend or loved one is suffering with pain, numbness and tingling, loss of balance due to peripheral neuropathy, give us a call. We will be happy to do a free screening or schedule an appointment. We can help you handle your problem and get on with living your life instead of living with pain. Call us today at 301-759-4263. That's 301-759-HAND. Call us today.



Autumn Splendor



Treatment of hands to increase circulation and reduce pain and numbness.



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Tips



- ✎ If you or someone you know has numbness or tingling of the hands or feet, Anodyne Therapy can help reduce pain and increase circulation.
- ✎ Anodyne Therapy causes angiogenesis, which is the promotion of actual tissue growth through increased circulation and collagen formation. In other words, to grow healthy tissue and not just treat the symptoms.
- ✎ Anodyne Therapy can also be used to reduce contractures of elbows, wrists and fingers.
- ✎ This can also be used to treat an overabundance of scarring from surgery (keyloid scarring).
- ✎ Can be used to reduce pain at a cellular level.
- ✎ Can be used to reduce edema.
- ✎ Can be used to close wounds that will not heal.
- ✎ Can be used to treat RSD and Complex Regional Pain Syndrome.



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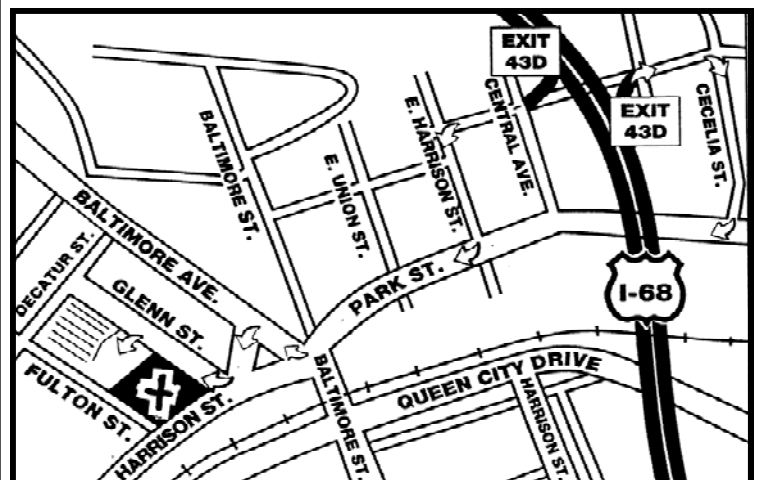
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Try therapy first at
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A helping hand to end painful
problems

Directions



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