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After nearly 40 years of experience in Orthopedics and Sports Medicine for Equestrian and Equine Athletes, I've found this Laser to be an excellent tool for accelerating recovery times and return to sport. I have literally too many positive clinical outcomes to list, but here are some I find notable!

EQUINE

Non healing wounds

8 yo mare was kicked in the front right forelimb. Veterinarian care for three months had not resulted in any closing of the wound and the owner was told that in all probability this wound would never close.

Horse was treated with ACTIVet PRO Laser and within one week the edges had approximated.

Within two weeks wound was closed and remained closed. Owner reports no problems since conclusion of treatments. Horse resumed Eventing competitions.

Stifle effusion

7 yo gelding presented with mild effusion in right stifle and a grade 1/1+ right hind. Horse had to be pulled from competition and options given were stifle injections and four days of rest prior to resuming work.

Horse was treated with ACTIVet PRO Laser and strengthening exercises. Edema was resolved in one day and this horse was able to go back to work two days later.

Conservative approach yielded excellent results. NO joint injections needed so no disruption of joint or joint degradation.

Low back spasm – WEG Driving horses

10 yo gelding at WEG had lumbo-sacral pain provocation with palpation to epaxial muscles and over SI region. Driver reported horse unable to push off as well with hind end.

He was treated with the PRO Laser shower and immediately after treatment palpation revealed there was no further pain response.

The application of the PRO Laser Shower broke the pain cycle and enabled the horse to resume work at competition (Team was going to pull horse from competition)



Horse was treated three more times while at WEG and placed on core and back strengthening program. The Laser Shower broke the pain cycle, enabled the full range of motion of the lumbo-sacral musculature, which was essential to maximize strengthening.

WEG Vaulting horse - decreased cervical range of motion to the right

Vaulting horse unable to perform right lead canter work – pain and decreased ROM to the right.

Horse was treated with PRO Laser Shower bilaterally right and left side and areas of hypomobility treated with the ACTIVet Pro. Treatments began in the afternoon before competition - after one treatment followed by ROM evaluation, movement had been restored to almost within normal range. Follow up treatment was given that night and twice the following day.

The horse successfully competed at WEG and there were no further reports of pain or limitation of movement

Superficial digital flexor tendon injury

FEI Show Jumper had mild heat and edema in front left SDFT region. Ultrasound confirmed no fiber disruption but perhaps a mild strain. Rest and icing prescribed.

ACTIVet Pro treatments were started day one immediately after Vet examination in FEI quarantine area. (These Lasers are FEI* approved for use which is extremely helpful for me and my equine athletes)

Edema and heat were resolved in 12 hours. Horse was able to go back to work and successfully jump remainder of week. Laser treatments were continued for the entire week and the horse was sound with no clinical signs of heat/edema/or lameness.

Acupuncture follow up treatment

13 yo gelding 1.40 jumper received acupuncture at home with treating veterinarian for cervical pain and lower thoracic/lumbar overriding dorsal spinous processes.

Follow up with laser acupuncture probe was performed at acupuncture points with rental ACTIVet Laser during three week show.

Trainer reported laser acupuncture treatments helped to maintain level of improvement by the Veterinarian's acupuncture treatment and horse was able to perform without issues. (historically, horses would still have symptoms present at end of three weeks)

and was inside FEI's highly restrictive quarantine area for treatment options allowable by FEI judges.

Fetlock infusion/lameness

10 yo old show jumping mare – In FEI during Wellington, Florida, circuit. Presented with right front fetlock effusion and deemed unsound upon Veterinary Evaluation on Monday. At that time it was questionable that the horse would pass the FEI jog on Tuesday

PT was called in for consult and treatment. Laser therapy, joint mobilization and ROM exercises were initiated and performed two times Monday and continued throughout the week. Effusion was not present Tuesday am and veterinary and trainer team decided to go forward to see if horse would jog sound.

Horse passed FEI jog on Tuesday, competed Wednesday and Thursday and **WON** the Grand Prix against a field of 45 international competitors on Saturday. Physical Therapy was performed as needed throughout the week- two to three times a day – including the ACTIVet Pro laser.

The ACTIVet Pro laser treatments were an integral part of the treatment and success for this show jumper. Both the Vet and PT felt the mare would not have been able to compete if the laser had not been available and utilized.

EQUESTRIANS

Ligament injury

56 yo male FEI show jumper's horse fell on top of him and he sustained a Grade 1- 2 anterior talofibular ligament injury with resulting edema and pain. Rider was unable to put on his boot to ride the flat, incapable to jump his horse to compete. This was a two week 5* event in which he was scheduled to compete three horses.

ACTIVet Laser Pro therapy was started immediately along with lymphatic massage and pressure gradient wrapping. Within one day almost all edema was resolved and I was able to utilize ankle taping techniques to return athlete to sport within two days. Laser treatments were maintained two to three times daily.

Getting his boot back on was huge and the Laser also helped keep the pain manageable while continuing to reduce edema, improving range of motion. He was back to jumping 1.50 fences despite the stress and trauma to that joint and ligament! It's very difficult to return athletes with these types of injuries this fast to competitions while maintaining tissue integrity. This rider's overall recovery was definitely accelerated by Laser therapy. Both athlete and PT were surprised at the level of effectiveness and speed of recovery provided by this Laser.

Acromioclavicular Grade 1-2 Joint Separation

55 yo male show jumper fell and sustained grade 1-2 AC separation. Orthopedic surgeon performed diagnostics, placed arm in sling and referred to Physical Therapy. Rider was informed recovery might take up to 4 weeks.

Laser Therapy was initiated over area of separation and performed daily for two weeks. Initially there was considerable edema present over area of injury, but I was able to reduce edema in three days.

Functional movements and pain free movements were restored within one week. Athlete was soon able to initiate more advanced strengthening exercises safely with pain free movements.

Rider was able to return to sport ahead of schedule and was able to compete in 5* FEI \$500,000 class.

Metacarpal fracture

38 yo female professional rider sustained a stable transverse 5th metacarpal fracture on right hand. Athlete was treated with removable splint and taped.

PRO Laser therapy was initiated to assist with pain reduction and healing of any surrounding soft tissue injury. Athlete was able to compete with twice daily laser treatments to alleviate pain and was able to initiate ROM exercises at an earlier stage with rehab. Full recovery with complete healing of fracture site with no loss of ability to train and compete by this athlete.

WEG – Cervical injury

48 yo Driving competitor presented with reduced cervical range of motion SBR and rotation to the right – reduced by 75%. Was due to compete the next day.

Laser treatment with ACTIVet PRO initiated to break pain cycle, increase circulation, expedite healing and used as adjunctive treatment prior to Passive ROM and Joint Mobilization.

Athlete experienced increased ROM post treatment and had limitation of 25% post first treatment. Athlete had full range of motion restored after subsequent treatments later that same day and the following morning.

Driver was able to participate successfully in remaining competitions at WEG.

For many of these cases, whether Equine or Equestrian, the athletes were able to return to sport sooner as there were faster recovery rates.

Laser treatments expedited the healing process, reduced edema at an accelerated rate, wounds resolved much sooner and the laser helped break the pain cycle which allowed initiation of exercise programs to build strength.

**Federation Equestrian International FEI competitions are very restrictive on treatments for horses that are allowed in set time intervals before and especially during competitions. Multi Radiance Lasers are approved as FEI safe and can be utilized at any time when the horse is in FEI events*