



## LET'S TALK ABOUT: MLS LASER THERAPY

This month we are pleased to tell you about a great treatment option we have just started using in our office. We have acquired a tool to help you

- Manage your pain
- Reduce inflammation and
- Speed recovery

When an injury or physical condition affects your mobility or quality of life, we have one goal: to help you return to your everyday activities as quickly as possible. We are happy to offer MLS Laser Therapy to help you do just that.

### What is Laser Therapy?

It is the use of specific wavelengths of light to treat painful and debilitating conditions.

### How Does It Work?

Light energy enters the damaged cells and stimulates inter-cellular activity. This reduces pain in the area and speeds recovery of the damaged cells. Once the cells recover, the healing process is complete.

### What Can I Expect During Treatment?

MLS Laser Therapy is a painless treatment that lasts about 10 minutes. Protective goggles are worn by you and our staff during this process.

### How About After Treatment?

Most people experience positive results in 1-3 treatments, with the average course of treatment being 7-10 sessions. Swelling is usually greatly reduced and there is a relief of pain. Acute conditions usually require only one phase of treatments, and chronic conditions may be controlled with regular treatments. The effects of MLS Laser Therapy are cumulative, so expect to see improvement as you proceed through your treatment plan. It is critical that once you start, you complete the course of treatments recommended, or symptoms are likely to recur.

December 31<sup>st</sup> is *Make Up Your Mind Day!* All during the year, you've put on hold, many issues and decisions. Eventually, they need to be resolved and decided upon. Well, Dec. 31<sup>st</sup> is the day. It's not a day to procrastinate. It's not a day to put off making a decision. If you are going to make up your mind this year, you'd better do it real soon. Take a few minutes to think about what health habits you want to improve. And, when you think about it, isn't it a great idea to clean the slate in advance of the New Year!?

### (MLS LASER THERAPY, CONTINUED)

#### What are the benefits of MLS Laser Therapy?

- Non-Surgical Treatment
- No Negative Side-Effects
- Rapid Results
- Speeds Healing
- Strong Anti-Inflammatory Effect
- Rapid Improvement in Local Blood Circulation

#### What conditions can you treat with MLS Laser Therapy?

- Tendon and ligament injuries
- Sore muscles, strains and tears
- Degenerative joint conditions
- Neurological and general pain and bruising
- Pre- and Post-Surgical treatment
- Swelling
- Plantar Fasciitis and more.

#### Does my insurance cover MLS Laser Therapy?

Insurance does not cover this treatment. We offer it on a self-pay basis, at \$40.00 per treatment.

We are excited to offer this treatment option for our patients who have pain. Take that Next Step and give us a so we can help you get back to your normal, active lifestyle.

Yours In Good Health,

Dr. Silvester and your Next Step Team



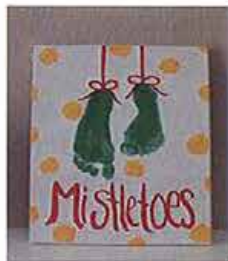


Have you read our book, *“Why Do My Feet Hurt and What Can I Do About It?”*?  
Request your **FREE COPY** at [www.silvesterfootclinic.com](http://www.silvesterfootclinic.com) Today!



**Christmas Footprint Art**

Get your little ones together and make this cute Christmas Footprint Art. They are adorable, and any Grandma or Grandpa would love to find them under their tree!



Merry Christmas from all of us at  
Next Step!

Check out our Latest Blog Posts at  
[www.silvesterfootclinic.com](http://www.silvesterfootclinic.com):

- Ankle Sprain vs. Fracture
- Closed Shoes vs. Ingrown Toenail
- Preventing Heel Pain in Children
- Tendonitis or Bursitis?
- Quick Stretches to Relieve Toe Pain

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**CLINIC HAPPENINGS**



**Happy Birthday,  
LAURA!**

**Thank you to all who  
wished Laura a Happy  
Birthday in November.**

**Thanksgiving Celebration**



**Our sweet staff surprised us with a Thanksgiving Feast in the lobby! We enjoyed enough food to feed an army, and some really good company. We are thankful for our wonderful staff.**

**It's Fun to be a Follower!**

Follow us on Facebook, Twitter, Linked-In, Pinterest and YouTube. Access them from our website [www.silvesterfootclinic.com](http://www.silvesterfootclinic.com), or log on to each one and search for Next Step Foot & Ankle Clinic. What a fun resource for foot health tips, foot funnies, nail art, healthy recipes, motivation and much, much more. **If you are happy with our services, please give us a positive review on these sites.** If you're not happy, please let us know directly and we will do all we can to make it better.

**Happy Following!**