

## Single Case: Left foot circulation with Laser Therapy

**Abstract:** This 80 year old woman was seeking treatment for her left foot which presented with significant reduction of circulation. In combination with nutritional/supplemental support, acid water foot bathing and daily laser treatments for 3 weeks her circulation, colour of her foot, skin health and pain level all improved significantly.

**Keywords:** Laser Therapy, Vascular Bypass, acid water

### Examination

**History:** This woman had been a lifelong smoker, chronic obstructive pulmonary disease (emphysema) and in frail health. She had developed over two months severe itching, redness and eventual pain in her left foot. It was apparent that necrosis was developing from hypoxia of the tissues. Course of treatment recommended and received was a vascular bypass in her left ankle. This surgical intervention was successful and for 5 consecutive months this client experienced normal colour, good pulses and no pain in her foot. At this point however the onset symptoms of redness, swelling, heat etc. returned. She engaged the support of a Naturopathic physician for supplemental support and sought my expertise in therapeutic laser.

**Static Posture:** not applicable

**Range of Motion:** Client was asked to flex and extend her foot, stand on her foot and walk. She was able to all of these tasks.

**Observations/Palpation:** Vascular insufficiency was evident with redness of the left foot, at times the foot was hot, at other times it was cold though the colour remained red and purple in spots around the toes. It should be mentioned that debridement was part of the original surgery as necrosis was evident on the big toe. Pulses in the foot were weak. The skin was also cracking due to the swelling of her toes, though the dermal protective layer was still intact.

### Treatment

Treatment for this client consisted of daily therapeutic laser treatments (less than 15 minutes in duration). Two times daily acid water foot bathing (electrolysis altered water to reduce the pH level to 5.5) and ongoing nutritional/supplemental support to improve drainage and perfusion of the tissues. The foot bathing helped to fortify the skin against infection, the laser therapy converts light energy to biological energy to enhance the healing process by reducing inflammation, pain and supporting the cellular mechanism of tissue healing.

### Outcome

This client is very pleased with the results. Her foot is equal in colour to her right foot, swelling is virtually gone. The skin health has returned, there is no more cracking or flaking of the skin. She is continuing with her nutritional supports, foot bathing and currently receives a laser treatment only periodically to locally stimulate the healing response.

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