Low Intensity Laser Therapy

The Technology

Light emanating from a variety of sources has been used for healing from the time of the ancient Greek and Egyptian civilizations. The monochromatic and coherent characteristics of the therapeutic light beam, permit penetration through multiple tissue layers, including periosteum and bone, without affecting normal cells. With ongoing advances in the engineering of devices and the development of appropriate clinical protocols for effective therapeutic application, dramatic benefits are achieved in the treatment of many complex medical conditions.

BioFlex systems utilize superluminous and laser diodes of specific wavelengths and power output up to 2,000mW to irradiate abnormal tissue with photons. These particles of energy are absorbed by a variety of intracellular organelles, a process which initiates a number of positive physiological responses. In essence, light energy is converted into biochemical energy, facilitating the restoration of normal cell morphology and function. The result of this process is designed to be curative with regard to clinical pathologies, rather than modulating symptoms, the conventional approach utilized in the management of pain.

Medical Applications

The healing potential of LILT extends to a wide range of medical conditions and provides a treatment alternative for patients who have not responded to other therapies. Some of the problems most effectively treated are listed below. In many instances LILT is the treatment of choice:

(i) General
- repetitive stress injury
- carpal tunnel syndrome
- epicondylitis
- reflex sympathetic dystrophy
- rotator cuff inflammation / tear
- temporo-mandibular joint dysfunction

(ii) Injuries
- ligament and tendon tears
- fractures with associated soft tissue injuries
- facet joint syndrome
- contusions
- bulging and herniated discs

(iii) Inflammatory
- tendonitis
- myositis
- synovitis
- bursitis
- plantar fasciitis
- rheumatoid arthritis

(iv) Degenerative
- osteoarthritis
- chondromalacia patella
- calcifications (e.g. bone spurs)
- discogenic and vertebrogenic radiculopathy
- spinal stenosis

(v) Other Applications

Wound healing (acute & chronic)
Dermal ulcers secondary to:
- venous stasis
- atherosclerosis
- contact
- diabetic
- traumatic

Burns:
- thermal
- chemical

Dermatological:
- herpes zoster (post herpetic neuralgia)
- eczemas
- psoriasis
- acne
- acne rosacea

Gout / Arthritis

Neuropathies (diabetic, neurogenic)
Lymphedema
Remodelling of dermal lesions (keloid scars etc.)

The Advantages of LILT

- Non-invasive
- Non-toxic
- No known adverse effects
- Highly effective
- Cure rate > 95%
- Easily applied
The positive physiological changes noted above, result in tissue regeneration and improved cellular function. Many other activities are also modulated, including beneficial effects on both humoral components and the cerebro-spinal fluid.

**Therapeutic Process**

At Meditech we strive at all times to achieve an optimal result with regard to the treatment of the patient's pathological condition. Despite best efforts, in medicine, there is never complete assurance or guarantee of a successful outcome. The therapeutic staff direct their efforts to obtain an optimal result in the shortest period of time possible. Despite this, our success in a small number of cases (less than 5%) does not achieve this even when the full co-operation of the patient exists. Periodic reassessments accompanied by appropriate adjustments of parameters are part of the methodology of our therapeutic approach and we obtain satisfactory results in over 90% of all patients treated.

The objective is that the patient become completely functional, pain-free, does not require pharmaceuticals and is able to maintain normal activity levels.

During the course of treatment, we urge patients to have appropriate discussions with the members of the medical staff as required. As with most things in life today, an economic cost is involved in this process that is beyond our control and it should not interfere with the therapeutic regimen.

At all times, we suggest that patients voice any reservations or problems if they occur during the administration of our therapeutic program. These will be promptly rectified to the best of our ability.

The team in our process includes the entire staff and you the patient and we must co-operate in order to optimize results.

**Some of the Physiological Effects of Low Intensity Laser Therapy**

**Short-Term Effects**

- Production and release of beta-endorphins (these are morphine like substances produced by various cells in the body that inhibit the sensation of pain)
- Cortisol production is increased (cortisol is the precursor of cortisone). This enables the body to combat the stress associated with trauma or the disease process
- The short-term effect is significant in 5-10% of cases during or after the conclusion of the initial treatment but is not as important as the long term or cumulative effect

**Long-Term - Cumulative Effect**

- Increases ATP levels which improves cellular metabolism
- Enhances DNA replication, resulting in cell division (replacement of damaged cells)
- Regulates cell membrane potential thereby controlling permeability and Na⁺, Cl⁻, Ca²⁺, K⁺, ion transmission
- Increased protein synthesis, providing the building blocks for new cell production
- Elevates levels of serotonin and acetylcholine to facilitate neurotransmission
- Vasodilation - relaxation of smooth muscle in blood vessels, which improves arterial circulation and tissue oxygenation
- Angiogenesis - development of new arterial channels (capillaries, arterioles, etc.)

**Additional Effects**

- Immune response stimulated
- Lymphatic drainage improved
- Histamine response positively altered
- Production of growth hormone increased

The positive physiological changes noted above, result in tissue regeneration and improved cellular function. Many other activities are also modulated, including beneficial effects on both humoral components and the cerebro-spinal fluid.
What is Low Intensity Laser Therapy?
Low Intensity Laser Therapy (LILT) is the use of monochromatic light emission from a low intensity laser diode (250 mW or less) or an array of high intensity superluminous diodes (providing total optical power in the 10 to 2000 mW range) to treat musculoskeletal injuries, chronic and degenerative conditions and to heal wounds. The light source is placed in contact with the damaged tissue allowing the photon energy to penetrate to various levels. Interaction with certain intracellular micromolecules occurs resulting in the restoration of normal cell morphology, function and the enhancement of the body’s natural healing processes.

How long does a treatment take?
Treatments are typically fifteen minutes to one hour in duration for any particular condition or patient.

How many treatments are needed?
The number of treatments will vary with regard to the presenting problem. Just as every medical condition varies, so will the individual response to therapy. In a recent clinical report summarizing over 1000 patients treated with the BioFlex Professional LILT system, at time of discharge, patients had averaged slightly less than ten treatments to resolve their problem.

How much does one charge for treatment?
Fee for treatment is established by individual clinics and varies from $35 to $60 for 30 minutes of treatment, depending on local custom. At Meditech we charge $40 per half hour treatment.

Is the treatment covered by OHIP, Medicare, etc?
Insurance coverage varies depending on the professional designation and/or qualifications of the therapist and the insurance plan.

What are the side effects associated with BioFlex?
Unlike many pharmaceutical options, BioFlex is non-toxic; in comparison with surgical procedures, it is non-traumatic and most important, it is non-invasive.

What about the negative effects of radiation?
Low Intensity Laser Therapy (LILT) produces radiation as photon energy in the visible and near infra-red regions of the electromagnetic spectrum. Worldwide research conducted over the past thirty years indicates that normally functioning cells are not adversely affected by this type of irradiation. Unlike other forms of radiation, i.e. x-ray, etc., this process is beneficial rather than harmful to tissue.

Where is BioFlex in use today?
Across Canada, the United States, Europe, South America and Asia, BioFlex is being used by an increasing number of physicians, chiropractors and physiotherapists. In the twelve years that the therapy has been available at Meditech, more than 100,000 patients have received successful treatment with the BioFlex and its predecessor systems. The technology is currently being utilized in thirty-four countries. The Toronto Raptors and The Miami Heat of the NBA, The Toronto Maple Leafs and the Toronto Blue Jays, have used BioFlex to treat their injured players with excellent results. In addition, many athletes from the world of golf, hockey, tennis and increasingly ballerinas, figure skaters, gymnasts and other performers in the artistic sports are experiencing the positive effects of this therapy.

Where has clinical research on BioFlex been conducted?
Several controlled studies have been performed since 1996, utilizing BioFlex Professional Systems. Two of these involved experimental models of delayed onset muscle soreness (DOMS) and rheumatoid arthritis. In addition, ongoing clinical research of various disease entities is conducted onsite at Meditech’s two rehabilitation centers and currently two research projects are proceeding in conjunction with medical specialists at two university hospitals. The results of all studies reveal that Meditech Systems consistently produce positive treatment outcomes. A synopsis of these studies is available on our website.
Meditech has always been engaged in extensive programs of beta-testing of the BioFlex Systems, particularly with reference to parameters and protocols. Various research studies have been carried-out at Ryerson University, the Department of Physical Therapy at the University of Ulster and the University of Toronto. Additional research is being conducted at several US centers. Results from all clinical test sites have indicated that the benefits resulting from treatment utilizing the BioFlex Systems are both positive and at times dramatic.

**Patient Directives:**

1) Should you experience an increase in pain subsequent to any treatment, utilize ice on the area involvement and pain medication as required.

2) Notify clinic staff on your next visit that an increase of pain has occurred. The existence of this phenomenon is due to sensitive tissue response and protocols will be adjusted accordingly on your next visit.

3) If this is considered to be an emergency, call the clinic at (416) 251-1055 or after clinic hours (416) 567-4098.

4) Usually treatments are scheduled three times per week or more frequently in acute cases, at least initially. Subsequent treatments are scheduled in accordance with the patient’s clinical status.

5) The majority of patients will not notice any change with regard to their symptoms until treatment session 3 or 4. There are however exceptions to this rule. If at any time you have questions regarding your progress, bring these to the attention of the clinic staff.

6) With regard to the number of treatment sessions, these may vary from 1-30. Acute injuries generally respond more rapidly than chronic problems and each individual’s tissue response varies due to genetic and other factors. It is important to be aware that before treatment is initiated, the exact number of treatments cannot be predicted. In most cases we expect to see some change in symptomatology after 3-5 visits, in a small percentage however, a more prolonged period of treatment may be required. This is particularly true in long-standing back problems, frequently accompanied by spinal or foraminal stenosis. In these situations there is encroachment on the spinal cord or the nerve roots as they exit the spinal canal. Almost without exception we are able to relieve those symptoms; however patience and time may be required. Please remember that our objective is to minimize the duration of treatment and the number of visits. However, on occasion even our best efforts require multiple treatments, patience and time.

7) We recommend massage therapy as a complementary therapy. In most instances when performed in the early phase of treatment, this process breaks down adhesions, increases muscle mobility, lymphatic drainage and vascular circulation. It is considered a complementary modality that can accelerate the healing process.

**Home Care Regarding Optimal Wound Management:**

1) Daily visual inspection for changes in wound (size, color).

2) Elevate the limb as much of the time as possible whenever edema is involved.

3) Leave the ulcer open to the atmosphere (oxygen exposure and avoid irritation).

4) Relieve the wounds from pressure and contact (i.e. protective devices / frames).

5) Compress the wound as much of the time as possible with warm saline (bactericidal).

6) Gently clean wound with dilute hydrogen peroxide soaked Q-tips 3-4 times each day (debridement in early stages only).

7) In critical and extreme conditions where imminent gangrene may be a factor, the hyperbaric chamber (H.B.C.) should be employed as an adjunct therapy and may be continued until complete healing occurs. H.B.C. may be utilized daily if available.

8) Avoid using topically applied antibiotic gels and lotions, as prolonged use increases the risk of concomitant infections and macerates cells.

9) Pharmaceuticals locally, intravenously and orally applied should be avoided as much as possible as they are implicated in delaying/preventing cell replication.

10) Laser therapy - strict adherence to treatment frequency as recommended by the attending therapist is important to initiate and continue the healing process. Ideal treatment frequency may be every day for the first 4-5 days followed by every other day for the next 2-3 weeks, with decreasing frequency as healing occurs.
Examples of Healing Utilizing BioFlex Systems

Age/Gender: 89/M  
Diagnosis: Periphero-Arterial Occlusive Disease / Hemochromatosis

Age/Gender: 62/M  
Diagnosis: Dermal Lesion - Psoriasis

Age/Gender: 58/F  
Diagnosis: Partial Achilles Tendon Tear
What can you do if you’ve tried every conceivable way to relieve pain? You’ve been treated by anti-inflammatory drugs, cortisone, painkillers, physiotherapy, massage and finally, surgery. Yet the pain continues unabated. A technique, known as “Low Intensity Laser Therapy” (LILT) could be the answer.

Dr. Fred Kahn is Director of the Meditech Laser and Rehabilitation Centre in Toronto, and a specialist in pain control. He believes in curing the pain by curing the cause. I’ve talked to several of his patients about how LILT eased their pain and changed their lives.

PC, a 43-year-old jogger, collided with a glass door on returning to her hotel. When the door shattered, a large fragment of glass penetrated her knee. It left her with osteoarthritis and a life on crutches. Doctors claimed knee replacement was her only hope to relieve pain. After 11 treatments with LILT over a five-week period, PC threw away the crutches and returned to work.

GM, an 85-year-old former World War II Pilot, had the misfortune of a 1000 pound horse falling and rolling over her hip joint. This left her with a visible limp and an audible click when she walked. Specialists told her they had little to offer but painkillers for her pain and drugs to treat her subsequent depression.

When seen by Dr. Kahn she had extensive soft tissue damage in the hip and thigh and so much injury to the joint capsule of the hip that it almost popped out with every step. After four treatments with LILT the pain has subsided and she stopped pain medication. She continued treatment three times a week until she returned to a normal gait.

LILT jumps-starts the body’s natural healing process by sending energy into the muscles and joints that’s then transformed into biochemical energy. This decreases swelling, accelerates healing time and increases the pain threshold.

Dr. Kahn says LILT also triggers release of endorphins, morphine-like substances that inhibit the sensation of pain. It also increases cortisol, the forerunner of cortisone and angiogenesis, the formation of new blood vessels along with a number of other physiological processes.

The majority of patients seen at Meditech suffer from degenerative arthritis involving the lumbo-sacral spine. 60 percent of these patients also have degenerative disc disease, bulging discs causing compression of spinal nerves or spinal stenosis, a narrowing of the diameter of the spinal column. In the process of evolution, learning to stand upright has exacted a toll on the human spine. Maybe we should have stayed in the trees!

Another large group of patients suffer from sports injuries. These younger patients respond quickly to LILT. At the clinic I also saw several patients suffering from The Shoulder-Neck-Arm syndrome both related to long hours at the computer. Others had rheumatoid arthritis and diabetic ulcers of the feet.

Many patients have been told, “you have to live with your pain”. But this is not always the case. Rather, the use of low intensity laser therapy has proven to be a pain-buster alternative, and improves over 90 percent of patients who have significant problems. And it does not involve the use of medication, a huge advantage today.

I discovered that Dr. Kahn, a dedicated physician, and I, share the same wavelength. We deplore seeing patients drugged into oblivion by painkillers. And we both believe that surgery should be done only as a last resort.

Today doctors, even with the help of MRIs, often can’t be sure of what’s causing pain. In these instances, tincture of time along with a course of LILT may be the best solution. Additional information can be obtained at info@bioflexlaser.com or call the toll-free number 1-888-557-4004.
As I read an article, “Solve the Agony,” in The Globe and Mail, Saturday, October 21, by Ann Mc Ilroy, I broke down and wept. Michael De Groote’s story of chronic pain is also my story. From January 01, 2006 to April 01, 2006, I woke-up each and every morning with shooting pains in my neck and the base of my skull.

Most of those days, I cried because of the unrelenting pain, isolation, desperation and no solutions to my problem. The only time I left home was to visit an assortment of physiotherapists, chiropractors, naturopaths and eventually the Pain and Headache Clinic.

At the Pain and Headache Clinic, I received two needles in my neck and two in my upper back, which froze blocks of nerves. These needles gave me about a week to nine days of pain and medication free living. The chronic pain would return and the cycle would begin all over again. Every three weeks, I would return for another round of needles.

I too made a trip to the Wasser Pain Clinic at Mt. Sinai and had an MRI. The outcome was yes, you do have severe degeneration of your cervical discs in your spine and loss of cartilage. Their suggestions - take drugs (Percocet) and try physiotherapy. I followed this plan faithfully and did it help? NO. I had a few good days each month, but plenty of bad days, so their answer was more drugs, stronger drugs, which is detrimental to the liver that has to process all these.

I told my husband, family and any doctors who would listen that there is no quality to this life. I feel so alone in this battle and maybe I should consider my options. Even the experts at the Wasser Pain Clinic had no solutions. I had gone from being a “social butterfly” to a recluse. I lost interest in everything. It took all my energy just to survive. The highlight of each day was bedtime. I would take my drugs and sleep pain-free for six hours. You call this living? But there is a happy ending to my story; not as a result of my trips to Mt. Sinai, but of an appointment I made in the small cottage area on Lake Huron known as Saugeen Shores. Once a month at the Post Office, there is a small newsprint type booklet called Market Place filled with advertisements and activities. In the October issue, there was a small ad “Pain Management – One person at a Time”. Since I tried everything else and had nothing to loose, I made an appointment for the next day, Tuesday, October 03, 2006. I was very skeptical that this treatment would do anything for me. After all, I had been to the Wasser Pain Clinic, one of the best in Canada!

The results were astonishing! I had my first “BioFlex Low Intensity Laser Therapy” treatment and left the office pain and drug free. Since then, I had eight treatments and as my doctor at the cottage said, “It is like a miracle”. Since October 03, 2006, instead of taking three Percocet a day and one at bedtime, I now only take 1 at bedtime since I am pain-free.

How long will this stop be in Paradise? I do not know for sure but you know what? These pain-free twenty-five days have been filled with joy, laughter, family, grandchildren and good friends. I am now the Judi that they remembered. I am continuing to receive Low Intensity Laser Therapy treatments and hope that in the future, I will just need an occasional “top ups”. My hope and prayers for those five million Canadians who suffer from chronic pain are to try BioFlex Low Intensity Laser Therapy treatments from a qualified professional. This treatment might not work for everybody but if my story is your story, get out there and be your own advocate!

I now embrace each day and am able and confident to make plans for the future. I feel like I have won the lottery and I have the lottery of good health.

**J. Jackson – lives & celebrates life in Toronto**
Recommendation from a Patient

Hi Dr. Jim;

Happy New Year!

You will be interested to know that, after 2.5 years of trying to find relief from my sciatic pain problem, I have NO pain today.

As you know, I had chiropractic and physio treatment.

What you may be unaware of is that I also had, deep needle (4” into intrinsic muscle) therapy with Dr Blair Lamb, acupuncture, nuclear scans, massage therapy, cortisone injections, CT Scans, MRIs, stretch exercise and relaxation therapy. Nothing worked. I would still suffer sharp pain in the right tush cheek whenever I played golf, sharp pain when turning over in my sleep and general discomfort throughout the day.

In August 2005, I was playing golf at Credit Valley Golf Club. Al Balding, longtime golf professional and a good friend of mine noticed a significant “lurch” during my swing. He asked why my swing looked so funny. I told him that I had shooting pains down the right leg. He went to his golf cart and gave me a card for Dr. Fred Kahn.

Dr. Fred Kahn, runs a company called Meditech Bioflex. He is the pioneer in Low Intensity Laser Therapy (LILT). Al told me to go and see Fred the next morning at 8 a.m.. I met with Fred who asked me a few questions. He then said, “from what I can see, you have stenosis”. We’ll get an MRI next Friday morning at 6:30 a.m. --- it should confirm my diagnosis.

Notwithstanding the short wait for the MRI, I started on (LILT) immediately. Fred had told me that my condition would be fixed with about 15 treatments. Naturally I was skeptical but went ahead anyway.

What follows is truly amazing! After three treatments, I could sleep through the night without pain.

After 18 treatments, I had no evidence of pain whatsoever.

As I am a “being from Missouri type”, I remained cautious and continued to have one treatment every two weeks. I felt that it would help reinforce the result. My 18th treatment was in January 2006. I played the entire 2006 golf season without pain.

As a side note, I sent Stu Hamilton, Ontario’s best senior golfer, to see Dr. Kahn. Stu had taken a self-imposed sabbatical from competitive golf for a period of three years. After 10 treatments, Stu was free of pain, returned to competitive golf and won both provincial championships and came second in the Canadian Seniors.

Dr. Jim, my reason for sending this e-mail is to let you know of my success. Dr. Kahn has written several articles on the advantages of LILT and his thought process regarding pain. Dr. Kahn talks not of treating the pain but of treating the pathology.

I recommend that you go to their website http://www.bioflexlaser.com and see for yourself. You may find that their technology will help you enhance your practice.

I trust that all is well with you and your family.

Cheers,

G. LeRiche
LILT Home Unit Training Program for Patients

Meditech International Inc. promotes a course of proper education with regard to the application of Low Intensity Laser Therapy (LILT) to those individuals who purchase the Home Unit I and II through a hands-on practical training course. The course is designed to teach each individual with regard to the proper utilization of the system for their individual needs. Courses are held one afternoon each month from 1pm-4pm.

2007 Patient Training Dates

January 11, February 15,
March 8, April 12,
May 10, June 14,
July 12, August 9,
September 13, October 11,
November 15, December 13

To register please email training@bioflexlaser.com or call our toll free number 888-557-4004.

Professional BioFlex System (Pro I)

• Versatile Main Controller Unit:
The Main Controller Unit (MCU) can be used in conjunction with the computer software or in stand-alone configuration. Protocols can be selected and downloaded for portable use.

• Therapy Progress Readily Documented:
Clinicians can monitor and review therapy progress; the software documents all aspects of treatment including patient history and the protocols utilized. This acts as a useful platform to collect clinical data for basic research. Protocols can be delivered in standard form or customized versions over an infinite range of settings. Menu-driven ‘Info’ and ‘Help’ buttons offer operating information and clinical advice for protocol applications. In addition, anatomical tutors provide detailed illustrations of both normal and abnormal anatomical configurations. Clinicians may utilize this tool to provide better visualization and understanding of medical conditions and assist with patient compliance.

• Specially Designed Stand:
The mobile stand is set up for single or dual system use. This facilitates clinic operations by increasing flexibility. In addition, the treatment array holder prolongs the utility life of the arrays and probes.
BioFlex Home Unit II:
The BioFlex Home Unit II is a high performance therapy system that includes two 120 diode Treatment Arrays (combining both red and infrared light). This device is designed for clients who are unable to visit a health care professional for regular treatment; moreover it is lightweight, portable and totally safe. The colour design makes it easy to differentiate the treatment arrays adding to the system’s ease of use. This unit is highly effective in treating an extensive number of medical conditions including arthritis, soft tissue and sports injuries, in addition to wounds and dermatological conditions.

BioFlex Professional Therapist:
The Therapist Professional System is a fully developed laser product similar to the internationally acclaimed BioFlex Professional Low Intensity Laser Therapy (LILT) System. The Therapist provides access to the highest standard of LILT.

BioFlex Home Unit I:
The BioFlex Home Unit I is a high performance therapy system that features the IR 120 diode Treatment Array. This device is designed for clients who are unable to visit a health care professional for regular treatment; it is lightweight, portable, easy to use and totally safe. This unit is highly effective in treating an extensive number of medical conditions including arthritis, soft tissue and sports injuries.
**Meditech Laser Rehabilitation Clinics**

**Same day appointments available for Laser Therapy & Registered Massage**

**Meditech Rehabilitation Centre in West Toronto**

Address: 411 Horner Ave, Unit 1  
Toronto, ON, M8W 4W3

Phone: 416-251-1055  
Fax: 416-251-2446  
Email: info@bioflexlaser.com  
Website: www.bioflexlaser.com

**Hours of Operation**

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**Meditech Rehabilitation Centre in Downtown Toronto**

Address: 111 Richmond St. West, Suite 1115  
Toronto, ON, M5H 2G4

Phone: 416-916–8125  
Fax: 416-916–8057  
Email: richmond@bioflexlaser.com  
Website: www.bioflexlaser.com

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**Massage Therapy (By Appointment Only)**

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**Clinic Policies:**

- Any massage appointment missed or not cancelled within **24 hours** prior to the session will be charged at **full price**
- Please check-in at the Reception Desk upon arrival
- Due to the increase in patient volume, we kindly ask that all appointments be booked at the reception desk. Prebooked appointments have priority standing over walk-in-patients; these however will be accommodated as the schedule permits

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**Our treatment protocols are designed for international applications. Restrictions in use with regard to the therapist’s professional designation and jurisdictional provisions vary in different countries and it is appropriate for the healthcare therapist using the Low Intensity Laser Therapy (LILT) system to comply with those directives. Regulatory bodies in a number of countries (U.S. etc) may require an I.R.B. approval in order to utilize the system for the treatment of some specific pathologies. In order to satisfy the requirements of therapists throughout the world, the manual is international in scope and any restrictions are subject to the regulatory and professional bodies in control in each country.**