

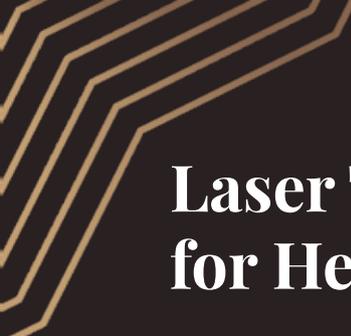


**HILLSTAR**  
INTEGRATED HEALTH



# **Patient Recourses For Laser Therpay**





# Laser Therapy: Gentle Support for Healing and Recovery

When the body is dealing with pain, inflammation, or tissue irritation, healing doesn't always happen as smoothly or quickly as we'd like. Discomfort can linger, movement may feel restricted, and recovery can feel frustrating — even when you're actively participating in care.

Laser therapy is a gentle, non-invasive way to support the body's natural healing processes when additional help is needed alongside hands-on treatment and rehabilitation.

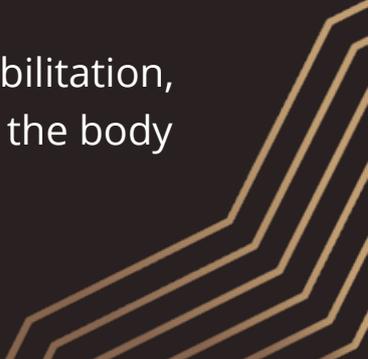
At HillStar Integrated Health, BTL 3B Laser Therapy is used thoughtfully and selectively as part of an integrated approach to care, always guided by clinical assessment and your individual needs.

## Understanding BTL 3B Laser Therapy

The BTL 3B Laser is a therapeutic laser system manufactured by BTL (Bio-Techniques Laboratory), a global medical technology company. The "3B" designation refers to the laser's clinical safety classification, which helps define how the technology is used in healthcare settings.

This form of laser therapy is non-invasive, does not break the skin, and does not produce heat during treatment. In clinical contexts, it is sometimes referred to as low-level laser therapy (LLLT).

Rather than replacing hands-on treatment or active rehabilitation, laser therapy is used to support those approaches when the body needs an added layer of assistance during recovery.





# How Laser Therapy Works with the Body

BTL 3B Laser Therapy works by delivering focused light energy at specific wavelengths to targeted areas of the body. This light energy is absorbed by cells beneath the skin and supports normal cellular activity associated with healing and tissue repair.

Unlike treatments that rely on pressure or movement, laser therapy works without mechanical force, supporting healing at the tissue level while remaining gentle and non-invasive. By providing energy the body can use, laser therapy may help improve circulation in the treated area, reduce inflammation, and support soft-tissue healing over time.

Because the BTL 3B Laser is non-thermal and does not break the skin, treatment is generally comfortable and well tolerated.

## How Laser Therapy May Support Recovery

When used appropriately as part of an integrated care plan, BTL 3B Laser Therapy may help support recovery by:

- ✦ Reducing pain and inflammation that can limit movement
- ✦ Supporting soft-tissue healing during injury or rehabilitation
- ✦ Promoting circulation to affected areas

For some individuals, these effects may improve comfort and make it easier to stay engaged in hands-on treatment, exercise, and daily activities.



# When Laser Therapy May Be Considered

Laser therapy may be incorporated into care for individuals managing a wide range of musculoskeletal concerns, including:

- Muscle strains and sprains
- Soft-tissue irritation
- Joint discomfort and inflammation
- Arthritis and bursitis
- Recovery following injury or surgery
- Persistent or chronic pain conditions

As with many supportive therapies, laser therapy is often used across multiple sessions when appropriate, depending on how your body responds and how it fits into your overall care plan.

Your practitioner will determine whether laser therapy is appropriate for you based on assessment findings, your response to care, and your overall treatment goals.

## Laser Therapy for Ongoing Pain or Recovery

For individuals managing ongoing pain or working through recovery after an injury, laser therapy may be used to support comfort and tissue healing over time. When appropriate, it can be incorporated alongside hands-on treatment and rehabilitation to help reduce sensitivity, support movement, and make recovery feel more manageable.

Your practitioner will determine how laser therapy fits into your care plan based on your symptoms, goals, and response to treatment.



## **What to Expect During a Laser Therapy Session**

Laser therapy sessions are typically brief and relaxed, often lasting 5–15 minutes, depending on the area being treated.

During treatment, the laser is applied externally over the targeted area while you remain comfortable. Most people feel little to no sensation during the session, and there is no required downtime afterward. Laser therapy can often be incorporated seamlessly into an appointment alongside hands-on treatment or rehabilitation exercises.

Your practitioner will always adjust treatment based on your comfort and response.

## **Laser Therapy as Part of Integrated Care at HillStar**

At HillStar, laser therapy is never used as a standalone solution. When included, it forms part of an individualised treatment plan that may also involve chiropractic care, physiotherapy, manual therapy, and movement-based rehabilitation.

This integrated approach allows care to address pain, tissue health, and movement together, rather than focusing on one aspect in isolation.



# Laser Therapy in Everyday Recovery

For some individuals, laser therapy may help reduce discomfort and support healing during recovery, making it easier to move, participate in treatment, and return to daily activities with greater confidence.

Your practitioner will guide whether laser therapy fits into your care plan and how it may be used alongside other treatments to support your progress.

## Important Notes

BTL 3B Laser Therapy is an adjunctive modality used when clinically appropriate. It does not provide medical diagnoses or guarantee outcomes. Your practitioner will assess whether laser therapy is suitable for your condition, health history, and goals.



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