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MLS® LASER THERAPY BOOSTS OPIOID SPARING SURGEON ON HIS MISSION TO CHANGE THE CULTURE OF POSTOPERATIVE PAIN MANAGEMENT

In 2013, orthopedic surgeon Scott Sigman, M.D., was in his 17th year as a highly successful sports medicine specialist and partner at Orthopedic Surgical Associates (OSA) of Lowell, Massachusetts. He was also seeing the devastating impact of opioids on friends, family, patients and society. That's when he embarked on a mission as the original opioid sparing surgeon to change the culture of postoperative pain management.

Dr. Sigman was searching for alternative adjuvant therapies and adopted several approaches to minimize the need for dangerous and highly addictive opioids in the treatment of acute and chronic orthopedic conditions. These alternatives included a new post-surgical regional nerve block, and switching patients to non-opioid analgesics as soon as possible after surgery. His most recent breakthrough came with the discovery of MLS® Laser Therapy from Cutting Edge Laser Technology, an FDA cleared Class IV laser used to alleviate pain, reduce inflammation, promote healing and restore mobility.

“The last thing you want to do for a patient with a chronic condition such as osteoarthritis of the knee is start treating them with opioids; but that's basically what was happening in our culture for decades,” explained Dr. Sigman, who has become a global advocate for the minimization of opioids in postoperative pain. “As a community, physicians knew that opioids and narcotics



were inexpensive, important CMS quality measures of post-surgical pain reduction, and we were told they were not very addictive, which – as we now know – couldn't be further from the truth.”

MLS and its clinically validated, drug-free, robotic delivery system quickly became a critical component of Dr. Sigman's opioid-sparing philosophy and a perfect fit for postoperative pain management and the treatment of orthopedic pain. However, it wasn't a perfect

fit for a busy, traditional clinical orthopedic surgery practice.

“Combining a laser practice with the orthopedic practice was difficult,” admitted Dr. Sigman. “It was challenging to combine those two workflows, and there was some conflict. I soon recognized that the best and most successful model was to move it away from the clinical practice.”

In July 2018, Dr. Sigman opened his free-standing OrthoLazer Orthopedic Laser Center in nearby Chelmsford, maintaining his traditional clinical practice at OSA while spreading his message about opioid-sparing orthopedic treatments.

“With chronic conditions we can help reduce, if not eliminate, chronic pain and musculoskeletal disease with basic, simple, light energy,” said Dr. Sigman. “And using the MLS laser...it works. Without surgery, without injections and without prescriptive medications.”

At his dedicated OrthoLazer facility, the MLS laser is being used in three ways:

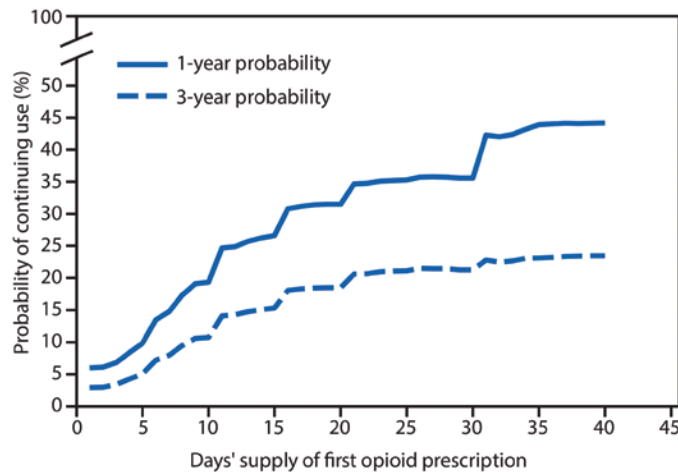
1. Postoperatively
2. For acute injury treatment
3. In chronic inflammatory conditions

Dr. Sigman reports dramatic reductions in pain and swelling plus improvement in range of motion and function with the use of the laser in the immediate postoperative window – with a dramatically reduced need for opioids. The MLS laser has been successful in treating acute injuries, allowing athletes, weekend warriors and active patients to return to normal activities faster. Additionally, chronic inflammatory conditions – including Achilles tendonitis, tennis elbow, arthritis of the knee and shoulder, and neck and back pain – can be treated successfully with the MLS laser instead of prescriptive medication, physical therapy or cortisone injections.

Dr. Sigman is spreading the word about his opioid sparing mission across multiple social media platforms. But his patients are still his best evangelists.

“Our number one source of referrals is word-of-mouth, with patients talking about the successes they are having with MLS Laser Therapy,” said Dr. Sigman. “Patients are aware, and patients are worried about opioid addiction, and I never want them to find out if they are one of the patients who will become addicted to opioids.”

CDC research shows patients who get a narcotic prescription for at least one day post-surgery have a six percent chance of opioid addiction after one year.¹ However, the probability of long-term opioid use increases sharply after seven and 30 days, with 13



One- and 3-year probabilities of continued opioid use among opioid-naïve patients, by number of days' supply of the first opioid prescription — United States, 2006–2015¹*

percent of patients prescribed a seven-day supply of opioids addicted after one year.¹

“MLS laser therapy gives patients an option without surgical intervention. And if a condition ultimately does require surgery, we’re giving them one more tool to help reduce pain and discomfort post-surgically and minimize exposure to opioids,” explained Dr. Sigman.

Dr. Sigman has found the dedicated OrthoLazer Orthopedic Laser Center to be incredibly efficient, with the ability to see four patients per hour per laser, five days a week.

All treatment options are discussed with OrthoLazer patients, including cortisone shots, a lubrication injection, biologics such as PRP or stem cells – which are very expensive – or the possibility of laser therapy.

“Sixty dollars a treatment over the course of 10 laser treatments results in a reasonable dollar amount for most people,” noted Dr. Sigman. “This is a cash-referral business and patients have reacted very well to MLS. They tend to realize it’s a very well-priced modality. I have seen about an 80 to 85 percent clinical success rate associated with the use of MLS across all diagnoses and treatment patterns, which is really quite remarkable.”

Dr. Sigman plans to franchise more OrthoLazer Orthopedic Laser Centers to extend his mission and support for minimizing opioid use.

“The most liberating thing I have done in clinical practice is become an opioid sparing orthopedic surgeon,” said Dr. Sigman. “With technology such as MLS, we’re influencing behavior and empowering patients with demonstrable benefits for drug-free treatments, limiting the need for surgery and minimizing exposure to opioids.”

Built on a 30-year foundation of scientific research, the patented MLS pulse-pattern laser has been proven safe and effective for a wide range of pain-related conditions, with proven demand and low operating costs. To learn more about MLS Laser Therapy visit www.celasers.com/medco.

REFERENCE:

1. Shah A, Hayes C, Martin B. Characteristics of Initial Prescription Episodes and Likelihood of Long-Term Opioid Use — United States, 2006–2015. *Morbidity and Mortality Weekly Report (MMWR)*. <https://www.cdc.gov/mmwr/volumes/66/wr/mm6610a1.htm>. Published 2017. Accessed February 2019.