

Keeping Dancers and Athletes Moving with MLS Laser Therapy

By Grace Huether

Dr. Elisa Kavanagh has been in private practice in the New York City Area since 2000, treating Radio City Rockettes, NYC Ballet dancers, and Broadway performers. Dr. Kavanagh began using MLS Laser Therapy when she opened her Westchester practice in 2014; subsequently her practice achieved exponential growth by offering a range of podiatric services to these niche markets.

Upon discovering MLS Laser Therapy Dr. Kavanagh says, “my experience with it [MLS laser therapy] was pretty overwhelming and positive.” Over time this positive experience continued: “I’ve been using it steadily every day for 8 years, and I’m at the point where a second laser is needed.”

MLS Laser Therapy delivers a concentrated beam of light energy into the tissue stimulating the biological processes at the cellular level to accelerate healing processes, resulting in pain relief and reduced inflammation. Dr. Kavanagh points out that laser therapy has “no downside, no side-effects, no pain.”

The Mphi5 Therapy Laser has had a large impact on Dr. Kavanagh’s practice. In addition to the medical benefits, she says laser therapy has helped to draw patients

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in, helping her practice to grow exponentially. “It’s been a big win for my practice.”

Dr. Kavanagh and her staff treat a variety of conditions that commonly impact dancers, performers and athletes, including Achilles tendinitis, plantar fasciitis, neuromas, metatarsal phalangeal bursitis/capsulitis, and neuropathy. Most patients follow a 12-session treatment protocol, with the first 10 sessions completed consecutively, three days per week. Patients then take a three-week break before completing the remaining treatments. Chronic condition patients follow a maintenance plan after completing the initial 12-session regimen, receiving treatments anywhere from once per month to three or four times per year. Dr. Kavanagh



sees success rates of 90 to 95% for patients with these treatment plans.

Traditional treatment methods are combined with innovative technologies to create comprehensive plans for patients at Dr. Kavanagh’s practice. “MLS Laser Therapy is just a piece of the practice.” Dr. Kavanagh also uses MLS in conjunction with other treatments, including amniotic stem cell injections and Leneva®.

MLS Laser Therapy usually follows these injections by two or three weeks.

Patients at Dr. Elisa Kavanagh & Associates are optimistic about MLS Laser Therapy and are pleased

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when they find out MLS is an active treatment protocol with no downtime. “Athletes and dancers make a living on their feet; therefore, they need options that keep them on the field and stage—this trickles down to all patients who want to continue with their active lifestyle.”

Dr. Kavanagh says, “I’m doing laser therapy to make people better [...] having MLS Laser Therapy as a treatment modality in my practice has been a win for everybody. I’m a huge believer; it works.”

To learn more about the benefits of MLS Laser Therapy, call Cutting Edge Laser Technologies at 800.889.4184 x125, visit celasers.com or [click here](#).
