

Collaborative Treatment with MLS Laser Therapy at Northeast Foot and Ankle

By Marléna Ahearn

Northeast Foot and Ankle, a leading podiatry clinic with two locations in New Hampshire, has set a new standard of patient care by embracing complementary therapies, patient education, and customer service as the cornerstone of their treatment approach. Together, their team of dedicated physicians—Jennifer Sartori, DPM, Natasha Baczewski, DPM, and Cathrine Stark, DPM—have worked to redefine patient care—emphasizing personalized attention, comprehensive treatment plans, and a philosophy centered on empowering patients to lead active, healthy lives.

“Providing exceptional customer service in addition to effective treatment plans is key,” says Dr. Sartori, founder of Northeast Foot and Ankle. “We are committed to looking at the patient as a whole and then creating a comprehensive treatment and education plan that works for that patient and gets them better.”

Northeast Foot and Ankle sets itself apart by offering advanced, comprehensive care without sacrificing the essential elements of empathy and compassion. Each patient receives custom treatment plans tailored to individual lifestyles—showing true commitment to addressing the root causes of podiatric issues while considering the broader context of patients’ lives.

Recognizing the growing demand for non-invasive, non-medicinal treatments and the enhanced results of adjunctive therapies, the clinic adopted MLS Laser Therapy. The patented, FDA-cleared technology delivers concentrated light energy to stimulate biological processes at the cellular level to manage pain, reduce inflammation, and expedite the body’s natural healing processes. At Northeast Foot and Ankle, MLS Laser Therapy not only addresses a variety of podiatric conditions but also enhances the overall patient experience and the evolving preferences of patients seeking alternatives to surgical interventions.

To achieve success for their patients, Northeast Foot and Ankle tailors treatment protocols of various podiatric conditions using MLS Laser Therapy. Their standard protocols start with six treatments for acute conditions and post-operative support and 12 treatments for chronic conditions. The practice also developed a subscription model to treat various chronic conditions and maintain long-term results. Regular maintenance sessions of MLS Laser Therapy keep pain and inflammation associated with chronic conditions at bay—and patients respond well to the payment structure. Part of



Left to right: Dr. Cathrine Stark, Dr. Natasha Baczewski, and Dr. Jennifer Sartori.

their customer service-oriented approach is pricing transparency—the cost for their services is available on their website. Patients come prepared knowing what out-of-pocket procedures cost, reducing the friction off the “hard sell.” Neuropathy patients, for instance, undergo a prescribed subscription-based regimen of 24 laser therapy sessions across 3 weeks. According to their team, there aren’t many conditions they don’t find benefit from some regimen of MLS Laser Therapy

“MLS Laser Therapy speeds up recovery, quite frankly. Podiatric conditions and foot surgery

are notorious for swelling and laser therapy really helps bring the swelling down a lot quicker than if we were to just allow the body to heal unassisted. For swelling alone, I think it’s a great enhancement, but the pain relief is an added bonus for patients,” says Dr. Sartori.

Not only has MLS Laser Therapy helped their patients post-op, but it has helped patients avoid surgery all-together. Dr. Sartori highlights a compelling case of a patient with a longitudinal tendon tear, emphasizing how MLS Laser Therapy played a pivotal role in alleviating pain and aiding tendon repair—eliminating the need for surgery. Success stories like these underscore Northeast Foot and Ankle’s commitment to exploring non-invasive, drug-free alternatives that keep patient needs at the forefront.

One distinctive aspect of Northeast Foot and Ankle’s approach is the early incorporation of MLS Laser Therapy into treatment plans. Dr. Sartori recommends MLS to most patients and initiates laser therapy early in the process, followed by additional approaches such as physical therapy. This proactive strategy is aimed at optimizing patient outcomes and expediting the healing process.

“MLS fits in nicely, offering patients an effective option upfront—because a lot of times when people come in there at the point where they’re like, I will do anything to get rid of the pain,” says Sartori. “You don’t have to fail using injections before you attempt laser therapy. You can use it in conjunction with physical therapy and other adjunctive treatments.”

Northeast Foot and Ankle’s commitment to excellence in podiatry, coupled with the transformative impact of MLS Laser Therapy, exemplifies a forward-thinking approach to patient care. Their dedication to holistic treatment, early intervention, and patient education positions the clinic as a beacon of innovation in the field of podiatry, offering hope and healing through progressive and effective MLS Laser Therapy.

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