

Helping Bunion Patients Get Back on Their Feet Faster

By Lauren Suter

Providers at the National Foot and Ankle Center are committed to helping patients enjoy pain-free and active lives by providing the most medically advanced foot and ankle care available.

With locations in Washington D.C. and Potomac, MD., their high-tech and award-winning clinics are equipped to treat a wide range of conditions with innovative techniques and technologies to help patients get back on their feet faster.

Franklin R. Polun, DPM, FACFAS, DABFAS discovered MLS® Laser Therapy when looking for solutions to overcome roadblocks in treating a variety of different pathologies. By



Dr. Polun

acting at the cellular level, MLS Laser Therapy has become a synergistic compliment to many of his existing approaches.

The M6 MLS Therapy Laser is a unique type of Class IV laser that delivers a concentrated beam of therapeutic light energy into the tissue to relieve pain, reduce inflammation, and accelerate the body's natural healing process.

“Cutting Edge Lasers has helped me implement different treatment plans and different treatment models on my patients to get the best outcomes for them,” explains Dr. Polun. Among these different models is a new approach to bunion correction.

Specially trained in the Lapiplasty® 3D bunion correction procedure, Dr. Polun is one of few surgeons in the Washington D.C. area that have successfully completed over 200 procedures of its kind. By incorporating MLS Laser Therapy into his postoperative care, Dr. Polun further innovated this approach to reduce pain and shorten recovery time.

The Lapiplasty® procedure offers a three-dimensional solution to bunion correction by restoring the metatarsal alignment in all three planes. The joint is secured with titanium plates to reliably address the unstable foundation and reduce the risk of recurrence.

As a part of his postoperative care plan, patients receive 1 to 2 laser therapy sessions per week for a total of 6 treatment sessions.

MLS Laser Therapy is a non-invasive and pain-free experience with no known side effects. The therapeutic laser energy does not generate heat, allowing it to be safely administered over the titanium plates and screws used in the Lapiplasty® procedure.

“It’s not just about what happens on the operating room



table, it’s what you do afterward to help them recover,” Dr. Polun shares his motto.

While the average Lapiplasty® patient is non-weight bearing for 2 weeks post-surgery, those who undergo post-operative MLS Laser Therapy treatments at the National Foot and Ankle Center cut that time in half.

By reducing pain and post-surgical swelling, MLS Laser Therapy helps improve function and mobility. This enables the patient to begin physical therapy sooner, excel at their rehabilitation plan, and return to normal activities faster.

“Physical therapy providers are always blown away,” Dr. Polun exclaims. “They know it’s because of the laser.”

In addition to improving and accelerating post-surgical healing, providers at the National Foot and Ankle Center offer MLS Laser Therapy to help manage sprains and strains, musculoskeletal pain, degenerative joint conditions, ligament and tendon injuries, and some neurological issues, including neuropathy.

MLS Laser Therapy has become a synergistic compliment to many of Dr. Polun’s existing approaches.

“Whether I’m treating an acute problem, chronic problem, a neuropathic problem, or a post-surgical problem—all of these problems that we treat on a day-to-day basis with our patients—laser therapy can help them get better outcomes and a faster recovery. And that’s what patients want: a faster recovery!”

Dr. Polun takes time to educate his patients about laser therapy. Many are eager to add it to their comprehensive care plan despite knowing it is not covered by insurance. Others may need time to consider the option but ultimately decide that the out-of-pocket expense is worth a more comfortable and quicker recovery.

Patients are actively seeking providers with advanced and effective procedures. Dr. Polun finds that many of his patients do extensive research before stepping into his practice. Some are even traveling from out of town to seek the acclaimed care offered at the National Foot and Ankle Center.

For more information on how MLS Laser Therapy from Cutting Edge Laser Technologies can improve patient care at your practice, call 800.889.4184 or visit celasers.com/podiatrymanagement.