

COLD LASER THERAPY

Drug-Free, Non-Invasive Support for Pain and Inflammation

At Van Every we use the Erchonia low-level (cold) laser, a gentle, FDA-cleared option we often pair with chiropractic care while your body recovers

If you would rather not reach for medication first, or you want to give your body extra support alongside the care you are already getting, cold laser therapy is worth a conversation. It is drug-free, non-invasive, and there are no needles, no medication, and no downtime. Most people feel nothing more than a little warmth, and you walk right out and back into your day.

Cold laser therapy, also called low-level laser therapy, uses gentle, focused light to support your body in areas dealing with pain and inflammation. At Van Every, Dr. Saylor often pairs it with gentle chiropractic care so your body has more than one kind of support while it recovers. It is one more tool, used thoughtfully, as part of a bigger picture for how your body heals on its own.

WHAT COLD LASER THERAPY IS

A drug-free, non-invasive therapy that uses focused, low-level light. There is no heat you need to worry about, no pain, and no medication involved. We use the Erchonia laser, an FDA-cleared device, to deliver that gentle light to the areas of your body that are dealing with pain and inflammation.

How It Works, in Plain Language

Your cells do an enormous amount of quiet work every day to keep you comfortable and to recover from the wear, strain, and injuries of ordinary life. Cold laser therapy delivers gentle, focused light to a specific area, and the idea is simple: that light is meant to support your cells and your body's own healing response right where you are dealing with pain and inflammation.

It does not force anything and it does not override your body. It is gentle, low-level support, which is exactly why most people feel little to nothing during a session beyond a bit of warmth. We use it to give your body a little extra help in one spot while it does the real work of recovering.

Cold laser therapy supports your care. It does not replace your medical treatment, and we never advise stopping anything your physician has prescribed. At Van Every we use it as one thoughtful part of a bigger plan.

The Benefits Patients Look For

Drug-Free Pain Support

A comfortable option for people who would rather not reach for medication first. Many patients use cold laser therapy as a drug-free way to support their body around **everyday pain and discomfort**.

Support Around Inflammation

Cold laser therapy is used to support your body in areas dealing with **inflammation and swelling**, whether from a recent injury or from something that has lingered longer than it should.

Support for Tissue Recovery

By supporting your cells and your body's own healing response, cold laser therapy may help your body as it works to **recover from strain and injury** over the course of your care.

Drug-Free and Surgery-Free

No needles, no medication, no incisions, and no downtime. For many people it is a welcome **non-invasive option** to try as part of a bigger plan, alongside the rest of their care.

It is not a magic fix and it is not a replacement for your medical care. It is thoughtful, layered support for your body, which is how we like to do things here.

Common Reasons Patients Use It

People come to Van Every for cold laser therapy with all kinds of stories. A few of the most common:

Low Back That Will Not Settle Down

Persistent low back pain and stiffness that has not eased the way you hoped, especially when you would rather not rely on medication.

A Nagging Joint

A knee, shoulder, ankle, or other joint that keeps complaining, often paired with gentle chiropractic care.

Swelling After an Injury

Inflammation and swelling that show up after a strain, a fall, or an injury you are working through, alongside any medical care you are receiving.

Pain That Has Lingered Too Long

Discomfort that has hung around far longer than it should, where you are looking for one more avenue to try.

It is not a replacement for your medical care. It is one more tool, and at Van Every we use it thoughtfully, as part of a bigger picture for how your body recovers. If you are wondering whether it is a fit for what you are going through, we will tell you honestly.

What a Session Is Like

1 You Get Comfortable

You sit or lie down comfortably. There is nothing to take, nothing invasive, and nothing to recover from afterward.

2 We Position the Laser

Dr. Saylor or a trained team member positions the Erchonia laser over the area we are supporting. The light is gentle and low-level.

3 You Relax

Most people feel nothing more than a little warmth. A common question we hear is "will it hurt?" and the answer is no. Sessions are short.

4 You Get On With Your Day

There is no downtime. You head right back into whatever is next. It is easy to add alongside your chiropractic adjustments.

How Laser and Adjustments Work Together

At Van Every, cold laser therapy and gentle chiropractic care often go hand in hand. The adjustment helps your nervous system and structure work the way they are meant to. The laser adds focused support right where there is pain and inflammation. Together, they give your body more than one kind of help while it does the real work of recovering.

In Our Patients' Own Words

Cold laser therapy is one of the reasons patients keep telling us their stories. These are individual experiences shared with permission. Individual experience, results vary.

Mike P., low back pain and swelling

"Severe lower back pain and swelling hindered my life until I visited Van Every Family Chiropractic, where Dr. Saylor's expertise, especially in laser treatment, offered me a new lease on life. The first laser session brought relief to my chronic back pain, and by the second, the swelling had vanished. For anyone doubtful about chiropractic care or laser treatment, let my story serve as proof." *Individual experience, results vary.*

Lee C., two years of chronic toe pain

"After two years of unbearable chronic pain in my toe, I was desperate for relief. Despite two surgeries, the pain persisted until I learned about the success others were having with laser therapy at Van Every. I didn't notice immediate results after my session, but the next morning was a game-changer. I woke up pain free, a sensation I hadn't felt in years." *Individual experience, results vary.*

Carol H., rib pain after a fall

"Following a painful fall that left me with four dislocated ribs, I found myself in dire need of relief. Their approach, which included laser therapy alongside chiropractic adjustments, offered me a beacon of hope. In less than two weeks, I went from debilitating pain to only slight soreness." *Individual experience, results vary.*

Carol came to us alongside her emergency care, not instead of it, and that is exactly how we see cold laser therapy: thoughtful, layered support while your body recovers.

The Short Version

Cold laser therapy is gentle, drug-free, and non-invasive. We use the FDA-cleared Erchonia low-level laser to deliver focused light to areas dealing with pain and inflammation, with the goal of supporting your cells and your body's own healing response.

Most people feel nothing more than warmth, and there is no downtime. Sessions are short, comfortable, and easy to add alongside your chiropractic care.

It supports your care, it does not replace it. We use it thoughtfully, as one part of a bigger plan, and we will always tell you honestly whether it is a fit for what you are working on.

Curious Whether Cold Laser Is a Fit for You?

Text SKED to (248) 616-0900, or ask Dr. Saylor at your next visit.

Book a Visit

(248) 616-0900

Van Every

FAMILY CHIROPRACTIC CENTER

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Cold laser therapy supports your care and is not a substitute for medical treatment. We never advise stopping any prescribed treatment. If you are dealing with a serious or worsening medical condition, see your physician.