

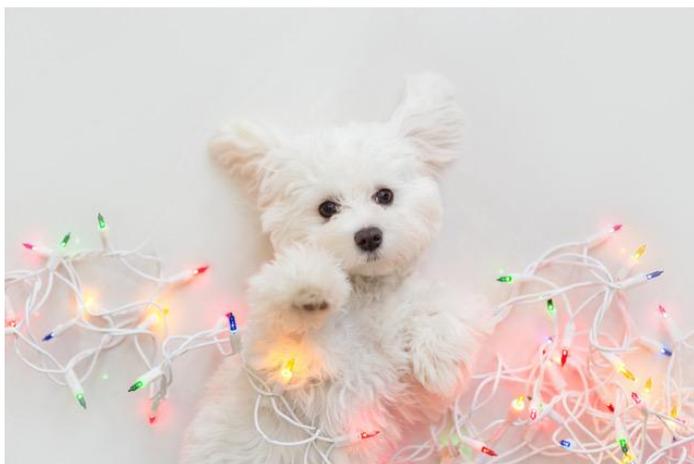
For Active Dogs!

Brought to you by Canine Sports Productions

Coaching dog enthusiasts to embrace the unique needs of active dogs through teaching, mentoring and educational media

VOLUME 2 | ISSUE 6 | May 2019

Star Light, Star Bright.... Emerging Evidence that Light Therapy Can Improve Sports Performance



Star Light, Star Bright.... Emerging Evidence that Light Therapy Can Improve Sports Performance

You've heard of the **healing effects of laser therapy**. There is strong scientific evidence that light can penetrate the skin and cell membranes and enter mitochondria (the energy producing factories of the cell). There, the **light energy is converted into adenosine tri-phosphate (ATP), the form of energy that the cell uses for healing** (1). This is a **photochemical effect comparable to photosynthesis in plants** whereby light is absorbed by a leaf and undergoes a chemical change to provide energy for the plant.

In a way, we shouldn't really be surprised that **light has power**. We all know that sunlight can kill bacteria – Niels Ryberg Finsen won the Nobel Prize in medicine and physiology in 1903 for that discovery. Although laser technology was invented in the early 1960s, recently the field has exploded with studies demonstrating the **healing effects of light therapy**, more accurately called **photobiomodulation therapy (PBMT)**. Hundreds of peer-reviewed studies show that **PBMT can promote tissue regeneration, reduce inflammation and relieve pain** in soft tissues such as muscles, tendons, and ligaments (2). In the last few years numerous studies have revealed that **PBMT can improve hard-to-treat neurological and psychological conditions** such as stroke, traumatic brain injury, Parkinson's disease, and depression (3).

Now there is growing evidence that **PBMT can actually improve**

Upcoming Events:

For Dog Lovers/Trainers

May 11 & 12, 2019

[Coaching the Canine Athlete Seminar](#)

Kemptville, Ontario

Contact: Rose-Anne

Gleiser animals6humans1@gmail.com

Nov. 2 - 4, 2019

[Coaching the Canine Athlete Seminar & Intensive Structure/Gait Analysis Clinic](#)

Langley, BC

wgalt@telus.net

For Veterinarians, Physical Therapists and Veterinary Technicians/Nurses

Sept. 12 - 14, 2019

[Canine Sports Medicine Module](#)

Canine Rehabilitation Institute
Wheat Ridge, CO

www.caninerehabinstitute.com

muscle strength and enhance sports-related performance!
That's crazy you say? [Let's take a closer look at those studies...](#)

Read more

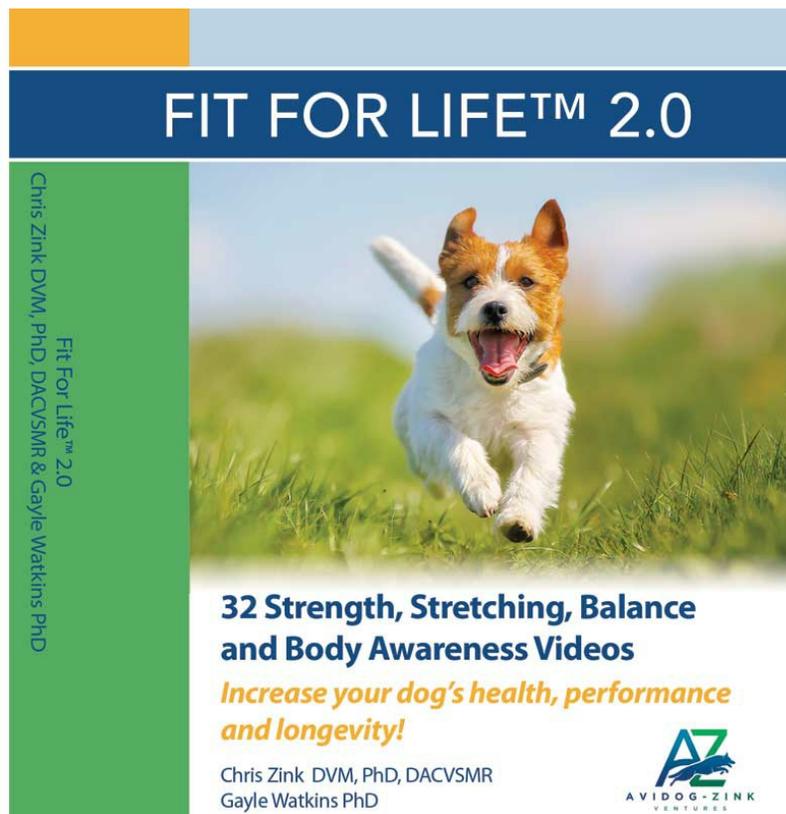
For Active Dogs! Trivia

Answers to all trivia questions are found in past
For Active Dogs! newsletters

Can you name a science-based canine fitness program that
explains exactly how to work your dogs to overload?

click [here](#) to find out the answer

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