

From:

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Dear Dr. Graham,

About April of 2009, our church had a Parent/Youth activity where we played kick ball for our youth activity on Wednesday night. I had previously sworn off playing softball as I didn't play often enough at

age 54 to not get injured every time I played. I wasn't smart enough to realize kick ball is essentially the same event without a bat. **My first dash to first base ended in a painfully torn hamstring muscle to my**

right leg. As usual, I had my laser close at hand. It was the Mark III LazrPulsr. I immediately applied restore setting and muscle setting on my torn muscle. It wasn't a severe tear, but bad enough that you could feel the bundle of torn muscle, knotted up in the middle of the back of my leg. After about 10 minutes of applying the laser, the pain went away. Like most highly intelligent people, I then went out and tried to play some more. (The pain was gone--right). Obviously, I tore it worse the first 30 seconds out in the field, when they kicked the ball almost right to me. I was done for the night having learned my lesson. I again applied the laser for an additional 10 minutes and again before I went to bed. I applied it twice daily over the next week. Three days later I taped my leg up really well and played some rather competitive tennis without any real pain. The following Wednesday, I no longer needed the leg to be tape. I played some extremely competitive tennis with a young 25 year previous junior Wimbledon tour player. I held my own and never had a problem or even a thought about my leg. It didn't need any taping and I haven't felt any problem with it since that time. Anyone familiar with hamstring tears knows that healing a hamstring in a week doesn't happen. Unless of course you have a cold laser and begin treatment right after it is injured. The longer you wait the worse the healing.

Thank You Dr. Graham!

R.S.R., D.C.

Chandler, AZ