Many people who look for a chiropractor in Lighthouse Point are surprised to learn how many tools a modern practice may use alongside hands-on adjustments. At McNamara Chiropractic Center, two of the advanced therapies available are Class IV laser therapy and shockwave therapy. This article explains, in general terms, what these therapies are, how they are typically used, and how the practice decides whether they belong in a patient's plan.

Advanced therapies as part of a bigger plan

Neither laser nor shockwave is used on its own as a cure-all. At McNamara Chiropractic Center, Dr. Carol McNamara-Krauss, DC considers them as possible parts of a personalized plan that may also include chiropractic adjustments, spinal or knee decompression, therapeutic ultrasound, massage therapy and custom orthotics. Whether they are recommended depends on the condition, the exam findings and the patient's preferences.

Class IV laser therapy

Class IV laser therapy uses focused light energy applied to the skin over the area being treated. It is commonly used in chiropractic and rehabilitation settings for certain muscle, tendon and joint complaints. Sessions are typically short, and many patients describe a gentle warming sensation. Protective eyewear is used during treatment.

At the practice, laser therapy may be discussed for problems such as soft-tissue irritation around the knee, shoulder, neck or lower back. As with any therapy, responses vary from person to person.

Shockwave therapy

Shockwave therapy delivers acoustic pulses through the skin to a targeted area. It is often used for stubborn soft-tissue problems, such as certain tendon complaints or heel pain related to plantar fasciitis. Patients usually feel a tapping sensation, and the intensity can be adjusted for comfort. Sessions are generally scheduled as a short series.

An important safety habit

The practice does not apply Class IV laser and shockwave therapy to the same area. When both therapies are part of a plan, they are used on different areas or at different stages, according to Dr. McNamara's judgment. This kind of careful planning is part of the practice's patient-centered approach.

Who might not be a good candidate

Some health conditions, medications, pregnancy, implanted devices, or specific areas of the body may make one or both therapies unsuitable. That is why a full history and examination come first, and why patients are encouraged to share their complete medical background. If either therapy is not appropriate, Dr. McNamara will explain why and discuss alternatives.

Questions patients often ask

- **Do these therapies hurt?** Laser therapy usually feels warm; shockwave feels like tapping. Settings are adjusted for comfort.
- **How many sessions will I need?** It depends on the condition and how you respond. Your plan and progress will be reviewed with you.
- **Can I combine them with adjustments?** Often, yes. Many plans combine several therapies, but each combination is individualized.
- **Are results guaranteed?** No. Every person is different, and no therapy can promise a specific outcome.

Why patients look for these options locally

Advanced equipment such as laser, shockwave, Antalgic-Trac® and Knee-on-Trac® is not available in every office. Patients come to Lighthouse Point from Pompano Beach, Deerfield Beach, Boca Raton, Coconut Creek and Coral Springs to access these programs close to home. The office's location on US-1 between Sample Road and chiropractor Pompano Beach Copans Road makes it a short drive for much of north Broward.

Schedule an evaluation

To find out whether Class IV laser or shockwave therapy might be part of your plan, call (954) 902-6371. McNamara Chiropractic Center is at 3320 N Federal Hwy, Lighthouse Point, FL 33064, in the same building as State Farm and across from Publix. Parking is free and on-site, and the entrance is on the side of the building. You can also read more at mcnamarachirocenter.com.

This article is general information and not medical advice. Results vary, and not every therapy is appropriate for every person.

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