Back pain is the most common type of chronic pain, with 80% of adults in the U.S. reporting this condition at some point in their lives

Back pain can affect individuals of all ages and can be attributed to a wide range of causes from muscle and ligament strains to spine and vertebrae fractures. Back pain is typically categorized into three primary areas: neck, middle and/or lower back. If the pain persists for more than three months the condition is considered chronic and can often become debilitating without proper therapy.

Red light therapy energizes cells that drives a hosts of physiological processes including repair, replication and healing of injured areas. The benefits of healing infrared light therapy are manifold:

- · Boosts cellular energy
- · Amplifies the inflammatory healing response
- \cdot Activates stem cells
- \cdot Accelerates collagen production
- \cdot Enhances biostimulation

Through the process of activating the body's natural physiological responses, the therapy allows the body to heal itself and accelerate recovery, thereby reducing pain. Located inside Universal Athletic Club 2323 Oregon Pike 717-569-4754

Click here to schedule your free NOVOTHOR demo session