Laser therapy is a form of light therapy used for the treatment of osteoarthritis; muscle, ligament, and tendon injuries; wound repair; bone healing; and pain relief. Laser light penetrates deep into the tissue layers, stimulating cellular energy and metabolic processes and releasing natural, pain-killing chemicals within the body.

Low-level laser therapy has been approved by the USA Food and Drug Administration for the management of chronic minor pain, such as osteoarthritis and muscle spasms. Low-level lasers have properties that allow light to penetrate the skin without causing damage to the skin or any heating effect. A typical laser therapy protocol begins with treatments two to three times per day for the first week. Then, based on the individual response, the length of interval between treatments is extended over successive weeks.

Laser therapy is used in the post-operative phase during healing, and may be used as part of a multi-modal treatment plan for chronic conditions, such as osteoarthritis.