

Revolutionary pain treatment now in Tucson

By Mike Touzeau

Maximum Impact Physical Therapy clinic in Tucson last month acquired the 830 cold laser for treatment of pain, the first in Tucson to have it, and owner Darren Bayliss is already excited about the positive feedback from patients.

It's being touted as a revolutionary breakthrough for pain sufferers, just recently given FDA approval, and reportedly already used by Lance Armstrong and some members of the New England Patriots.

"It's providing fast pain relief that lasts," declared Bayliss, a former national champion bodybuilder and power lifter whose extensive background in sports and workplace injuries motivates him to find ways to help those who have tried everything else.

Bayliss is a physical therapist, sports scientist and personal trainer, but is in demand for his expertise in workplace injury prevention and ergonomic training, so he works with virtually everyone, not just athletes.

Cutting-edge treatments

Athletes, though, are often more willing to attempt cutting-edge treatments for injuries, given the fact that they're looking for quick fixes so as to get back into the game right away, plus they're generally more likely to have spent a lot of time with therapists, chiropractors, and trainers than the rest of the population.

Those practitioners, unlike most physicians who are apt to describe a medication for pain, work with their clients' pain every day, all day, so they see first-hand how it affects patients.

"I find myself offering this treatment when people tell me they've tried everything with no relief," said Bayliss, who finally underwent major lower back surgery himself



PHOTO BY MIKE TOUZEAU

PHYSICAL THERAPIST Darren Bayliss administers the cold laser treatment to patient Elsa Miranda.

after years of power lifting and his failed attempts to find a solution with traditional care.

Tired of meds

"Most people are suspicious of anything new and different. I understand that," he said, "but I am finding that people are telling me they're tired of taking meds."

Bayliss will administer the treatment as part of a doctor-prescribed program, or patients may request it them-

selves.

The 830 cold laser looks like a flashlight, and employs a gallium aluminum arsenide diode that delivers a laser beam at 830 nanometers.

Sounds "Star Trekky," and although Bayliss said he was skeptical himself at first, he's getting good results since he acquired the device after hearing that an immensely popular PT clinic in Scottsdale used by many Phoenix professional ath-

letes had patients waiting in line for the treatment.

Moms are usually pretty supportive of their sons, so Bayliss admits he tried it first on his mother's severe osteoarthritis. He said she was ecstatic with the results.

"It actually remodeled her bone," he said, explaining how the light, which generates no heat, thus the name cold laser, decreased the size of the osteoblastic.

The wavelength is apparently the secret to its success,

providing healing light deep into the tissue without any cutting or heat.

Cleared by FDA in 2002

It was cleared by the FDA in early 2002 as an effective non-surgical, low-cost, medicine-free treatment for carpal tunnel syndrome, but then was found to be effective for patients suffering from a variety of ailments, including fibromyalgia, tennis elbow, plantar fasciitis, bone spurs, Achilles pain, and the

usual strains and sprains.

Bayliss said that it restores function and speeds healing, aiding cells in regenerating quickly, invaluable for anyone trying to rehab an injury, namely athletes, especially seniors, most who suffer from arthritic conditions.

Speeds healing

Surgeons are happy with it as well, he said, because it does not use heat, which helps in post-surgical scenarios, effectively working around screws and plastic, commonly found in hip and knee replacements.

"Cold lasers speed the healing process," said Dr. Chadwick Smith, M.D., professor of orthopedics at USC.

"It used to take seven to 10 days for a hamstring injury to heal. Cold laser therapy cuts it to two or three days."

Bayliss mentioned three patients of his own who are achieving dramatic results: a 37-year-old migraine sufferer of 20 years who has tried everything from injections to medicines to chiropractors; a 54-year-old chronic lower back pain patient who claims complete relief; and a 61-year-old neck pain sufferer who professes increased flexibility from side to side.

He's happy to be the first to have it and is optimistic about its future in his practice, which is centered on pain reduction, restoring the patient to normal activity, and preventing re-injury, the usual goals for physical therapists and the athletes and self-motivated others they serve.

Bayliss said he would be happy to discuss the device with anyone who would like more information.

He can be reached at Maximum Impact on Orange Grove in Tucson at 219-5825.

Mike Touzeau is a free-lance writer for the Green Valley News and Sun.

GV Lanes wins BAJA Spirit League

By Nick Charles

The month of March brought some exciting times at Sahuarita Park for the BAJA Senior Softball Spirit League.

On March 3, Green Valley Lanes took two games from the Insurance Center of Green Valley by scores of 13 to 9 and 13 to 5 while Baymont Inn and Suites took two from 3.5 Barbers 23-17 and 20-15.

The managers woke up on March 10 and looked out their windows to find a very cold and extremely windy day on tap for the scheduled games. After a few early-morning phone calls, all the managers agreed we have too many nice days to play so the games were canceled, to the relief of all the players.

Slim lead

Action resumed on March 17, with Green Valley Lanes facing Baymont Inn and Suites holding a slim two-game lead. Baymont won the first game 19-17 to pull to within one game of the lead, but Green Valley Lanes scored the winning run in the bottom of the 7th inning of game two to win 18-17 and retained its two game lead at the close of

the days games.

Bill Cheney and Bill Allard each had home runs for the Baymonters. On the other field 3.5 Barbers split their games with the Insurance Center of Green Valley.

The Insurance Center took the first game 19-10 and with the game tied 15-15 at the end of six innings of the second game, the Insurance Center scored 6 runs to take a 21 to 15 lead.

The last three hitters of the 3.5 Barbers lineup got the bases loaded for the top of the order in the bottom of the 7th inning. The top of the lineup then got in five runs and left the bases loaded with two outs for Glenn Yauney.

Glenn then hit a shot up the center scoring the runners from 3rd and 2nd for a 22-21 win.

March 24 was the final day of the League, but the day's games were delayed as most of the players took time in the morning to attend a memorial service for Bobbette Gullett. Bobbette's husband Bob was a former BAJA softball player.

Chance to tie

Baymont Inn and Suites needed to win two from 3.5

Barbers to have a chance to tie for the League championship.

With Ivan Allison on the mound and sprinter Dick Purdy circling the bases with his pinch running skills, Baymont got their end of the job done by winning both games 22-13 and 21-14.

Ed Ostrander led both teams in hitting with Bill Allard hitting the games only home run. Green Valley Lanes playing the Insurance Center of Green Valley needing only one win to clinch the championship took both games 13-8 and 20-7.

The final results had Green Valley Lanes winning the championship with a record of 17-5. Baymont Suites finished second with a 15-7 record while the Insurance Center of Green Valley was third and 3.5 Barbers brought up the rear.

It was a great year for Senior Softball in Green Valley with a special thanks to Mike Sommer for his great leadership as softball commissioner and to Lu Smith and Allen Cram for their efforts in preparing the fields for play. Awards will be made at the annual Softball Luncheon at Arizona Family Restaurant on Thursday afternoon.

Golf Results

Country Club of Green Valley
18-Hole Club Championship
Flight 1:
Barb Wittel (Club Champ), 255;
Peg Sullenberger, low gross with 258; Sherry Evans, second gross with 270; Barbara Shanks, first net with 208; Donna Richmond, second net with 225.

Flight 2:
Doris Meadow, low gross with 278; Barb Degen tied for second gross at 283 with Martha Franklin and Mary Thompson; Verla Bakker, first net with 214; Elaine Spetz, second net with 215.
Flight 3:
Flo Dix, low gross with 288;

Joyce Ennen second gross with 299; Judy Davis, first net with 208; Mardi Spangler, second net with 220.
Flight 4:
Bettie Randle, low gross with 304; Peggie Artz tied for second gross at 319 with Kay Barrette; Marilyn Blair, first net with 207; Bev Reed, second net with 210.



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Animal expert and friend

Judy Young, Ph.D., Reiki master, takes a break with Buddy, Equine Voices Sanctuary pet, during an 'Animal Communication' seminar Sunday at the Jumping Jack Ranch in Amado. Young was one of several presenters at a series of holistic equine seminars at the ranch, which rescues and cares for abused horses.