

Laser light may tame Carpal Tunnel Syndrome

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EAST BRUNSWICK, New Jersey (CNN) -- A doctor in New Jersey is testing what may prove to be the simplest, most effective treatment yet for Carpal Tunnel Syndrome, a computer-age scourge far worse than system crashes or Internet slowdowns.



Dr. Lichtbroun treats a patient (CNN)

Dr. Alan Lichtbroun, an East Brunswick rheumatologist, is experimenting with the application of low-energy laser light to soothe the nerves of CTS sufferers.

Carpal Tunnel Syndrome is a debilitating nerve condition affecting the hands and wrists of millions of people who perform repetitive tasks like typing on a computer keyboard or playing a guitar.

Mark White almost lost his gig as bass player for the pop group The Spin Doctors when CTS crippled his hand. But after regular doses of low-energy laser treatment, White felt rejuvenated.

"We have dramatic results in the burning, tingling pain that keeps people up at night."

-- Dr. Alan Lichtbroun

"It's like having a hand again. ... It's pretty amazing," said White.

Lichtbroun is often the last resort for people who have failed to find a successful treatment for their CTS-related pain.

"We have dramatic results in the burning, tingling pain that keeps people up at night," said Lichtbroun of the so-called "cold" laser treatment.

Seeking FDA approval



Mark White enjoys a successful career with the musical group Spin Doctors as a guitarist....
(Courtesy Epic Records)



...but he also is undergoing laser treatment to cure the carpal tunnel syndrome that threatened to end his musical days (CNN)

Lichtbroun is in the midst of a multi-year test he hopes will lead to Food and Drug Administration approval of the treatment and its availability to all CTS victims.

But Lichtbroun cautions that the laser treatment does not work for everyone, a fact he concedes may be behind the FDA's refusal so far to approve it for general use.

The treatment is based on more than two decades of research documenting the ability of certain laser frequencies to activate endorphins, chemicals produced by the body to reduce pain.

Lichtbroun says the laser light stimulates nerves, tissues and increases blood circulation. The

process aids in the reduction of swelling.

Mark White is a believer. He avoided painful surgery and is back in the studio working with The Spin Doctors on a new record.

"Now I can actually play," White said. "It's unbelievable."

Related sites:

Note: Pages will open in a new browser window

- [Food and Drug Administration](#)
- [Indiana University Bloomington - Avoiding carpal tunnel syndrome: A guide for computer keyboard users](#)
- [Spin Doctors Official Web Site](#)

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