

Published based on [Gout Toe Relief With Cold Level Laser Therapy](#)

Gout Toe Relief With Cold Level Laser Therapy

Gout (also referred to as gouty arthritis) is a debilitating form of arthritis caused by the buildup of uric acid crystals in the joints, surrounding tissues and tendons. It is an intensely painful disease that results from an increased uric acid concentration in the bloodstream ([academia](#)). First gout attacks most often affect the big toe ([gout toe](#)), some of the symptoms may include swelling, redness, inflammation and excruciating pain if touched or rubbed against, gout can also affect many other joints such as the ankle, knee, wrist, fingers, and spine. Secondary attacks of gout are usually isolated to one joint and last a few days; later attacks of gout can involve several joints at once or occur in succession and last for weeks if untreated.

Cold laser therapy or low level laser therapy ([photobiomodulation](#)) has been clinically shown to cut down the length of a **gout toe** attack, and other forms of gouty arthritis. Cold level laser therapy has been proven affective in treating a variety of other inflammatory conditions and musculoskeletal disorders. This pain free and heatless treatment normally consists of three sessions averaging around 10 to 60 minutes depending on the type of treatment being applied. Patients have stated a significant pain reduction after their first visit. In this therapy the patient is exposed to low level laser light or light emitting diodes, these are used to stimulate or inhibit cellular function. The light or photon energy that is produced has the unique property of being able to penetrate two inches below the skin increasing cellular metabolism with no tissue damage occurring.

The FDA has currently ruled that low level laser therapy is safe and a warning that protective eyewear is needed. Low level laser is currently used to treat a range of painful conditions such as inflammation of the tissues and joints from arthritis, backpain, and various sports injuries. If you are suffering from **gout toe** or from another form of arthritis and seeking gout relief, it is highly recommended that you contact your doctor first or other qualified professional, before attempting cold level laser therapy at home or any other home remedies for *gout relief*. Fully understanding gout and why it occurs is key to preventing future attacks. Find out more about [gout toe](#) by visiting [Immediate Gout Relief](#).

You can also find this article published on [Gout Toe Relief With Cold Level Laser Therapy](#), and on the tag pages [gout big toe](#), [gout home remedies](#), [gout natural remedy](#), [gout relief](#), [gout therapy](#), [gout toe](#), [home remedies for gout](#), [home remedy for gout](#), [prevent gout](#), [remedies for gout](#).