



## LIGHTFORCE® HELPING PEOPLE TO GOPERFORM

lightforce  
therapy lasers

With over 20 years of experience at the highest level of professional sport, working in various roles with Watford, Reading and Norwich City among others, Luke Anthony broke away to establish GoPerform with a key aim in mind: to provide the services regularly on offer to top-level professional sportspeople to members of the general public.

Now Clinical Director at GoPerform, a sports injury and performance centre based in Reading, Luke is taking the knowledge and expertise obtained by both him and his team to provide a range of services to people at all levels of sport and physical activity.

“Over the years, you accumulate a lot of experience and you start to think about all of the work you’re doing with Premier League footballers, players at Championship level or Premiership rugby players,” explained Luke.

“That level of sports medicine, rehabilitation and sports science isn’t something that is readily offered to the public. There’s no reason why these services can’t be offered in a public setting. If you have the knowhow and the equipment to do it, you have the ability to deliver it.

“We still have Premier League players coming to us, but we’re now treating people ranging from a Saturday park player to people at high levels

of completely different sports, in addition to people with relatively low levels of fitness who want to get fit. We wanted to offer our expertise, equipment and technology – something that’s not commonly available – to the general public.

“GoPerform offers professional physiotherapy, in terms of professional hands-on treatment, but a lot more in the way of rehabilitation,” added Luke.

“I think that’s what makes GoPerform different to other practices out there. We’re not just a traditional clinic where diagnosis is carried out and hands-on treatment is delivered. We have a huge space available to carry out rehabilitation, from early stages through to late-stage rehab. You can then also combine that with the other disciplines, whether that is strength and conditioning or sports science. There is a performance link. Everything dovetails together, rather than there being a harder transition when you leave.”

Alongside the knowledge and experience possessed by Luke and his team, technology plays a huge role in what GoPerform offer clients.

Over the past eight months, that technology has included the use of LightForce laser therapy – and Luke reveals that his team is seeing impressive results.

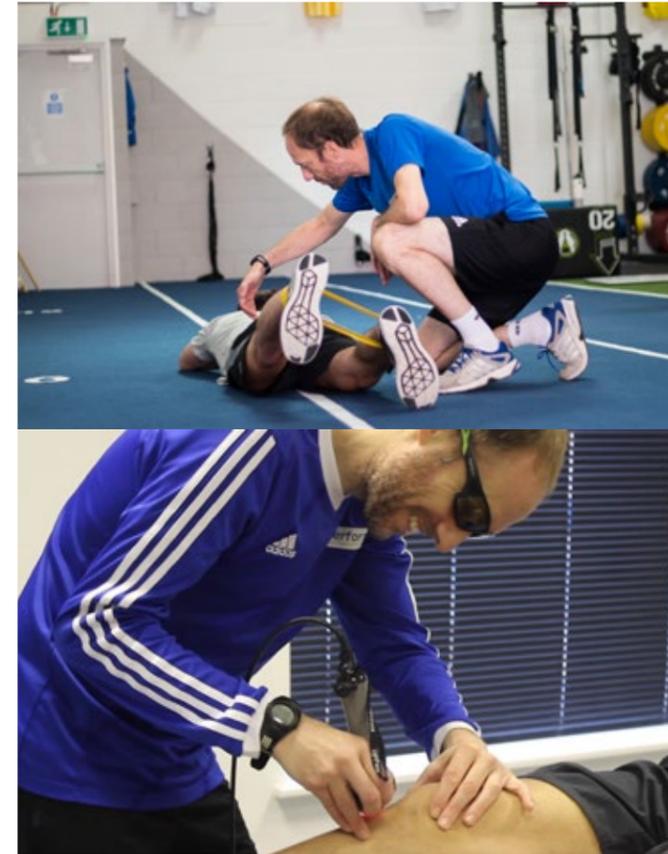
For the uninitiated, LightForce laser therapy is the non-invasive use of near-infrared laser energy to generate a photochemical response in damaged or dysfunctional tissue; a process called PhotoBioModulation. Laser therapy has been shown to alleviate pain, reduce inflammation and accelerate recovery from a wide range of acute and chronic clinical conditions.

As rehabilitation specialists will testify, the main goal of treatment for many when treating painful, debilitating conditions is to facilitate improved function and mobility. Laser therapy is a drug-free, surgery-free technique to help make that goal a reality.

“As with a couple of other types of treatment, laser therapy wasn’t something that I’d used a lot in the past,” explained Luke. “However we have been able to use it every day for a variety of conditions. We have genuinely found it to be very useful.

“Of course, with the LightForce laser treatment, we’re talking about a very modern type of technology, something that is very different to what was used in the past. The LightForce system produces a lot more power and the therapy has been valued by patients a lot more as a result.

“Broadly speaking, there are two main areas that the LightForce laser helps us with,” Luke explained.



“The first is tissue healing and tissue regeneration. If somebody has an acute injury to their tissue, for example a sprain to the ligament in the ankle, the laser will provide energy to the tissue and help stimulate the cell regeneration and recovery process.

“We feel that, by applying it on a regular basis to healing tissue, it will improve the recovery of that tissue. The second is from a pain point of view. There is evidence to suggest that it will reduce some of the pain mediators around tissue, particularly nerves. Back pain, neuropathic pain, tendon pain; we have seen a transient improvement in the pain endured, which enables us to move the rehabilitation on that bit quicker.

“The laser treatment is part of a package that provides a gain for our patients.

“We believe that we are able to speed up the recovery process by utilising LightForce laser treatment as just one part of our overall services.”

For more information on LightForce laser therapy, please visit [www.litecure.com/medical](http://www.litecure.com/medical)

Meanwhile, for further details on the services provided at GoPerform, please visit [www.go-perform.co.uk](http://www.go-perform.co.uk)

## DEEP TISSUE LASER THERAPY™

Drug-Free, Surgery-Free, Pain-Free Relief

LightForce will give you the outcomes you desire - FASTER. Treat a wide range of conditions. Getting that extra 1% of performance or the extra 1% of recovery can make a difference between winning and losing. Athletes will come in asking for Deep Tissue Laser Therapy.

influence® Technology  
influence treatments. influence patients. influence outcomes.



To request more information about LightForce Therapy Lasers visit [LightForceLasers.com](http://LightForceLasers.com)

LightForceLasers.com // 302.709.0408

UK Office // [Dorianc@LiteCure.com](mailto:Dorianc@LiteCure.com) // +44 (0) 1646 603878