Video Transcript: Chiropractic Economics talks to Dr. Kirk Gair

Gloria Hall: Hello, I'm Gloria Hall, editor in chief of Chiropractic Economics. I am excited to be here today with issue 12 author Dr. Kirk Gair. Dr. Gair is going to give us some key takeaways from his article, “How to integrate high energy lasers into your practice.” Dr. Gair, before you get into the article, why don't you tell us about yourself and your expertise with lasers and chiropractic in particular, its use on athletes?

Kirk Gair: Well, I got into lasers 21 years ago back in 2004, and that was after going to hear Dr. Dan Murphy do a seminar, and we all know how brilliant Dr. Murphy is. And when I showed up to that, Dr. Murphy was talking about how he'd been using lasers since the 1980s. So, you know, a lot of people think that laser and light therapy is new. But Dr. Murphy, being a trailblazer, was way ahead of us.

Time and when I came to that seminar, we walked in, they did a computerized range-of-motion and muscle testing device on us for the cervical spine and for the shoulders’ range of motion. And you got a grade on your muscle strength and it could find your weaknesses. And then they lasered us with the laser like this. Just put it on the cervical spine for a few minutes and I didn't feel anything. So I'm like, *what is this thing going to do? I don't feel any heat. I don't feel any buzzing. What is happening here?*

After a few minutes, then they reassessed us with that computerized range-of-motion device, and saw improvements, and I was blown away because I thought, you know, I came out of the workers’ comp arena or as a qualified medical evaluator. And those are gold standard things. If you can enhance range of motion and muscle strength, that tells you this actually did something. And there are about 100 plus people in there and all of us doctors were getting the same results.

And then we hear Dr. Murphy talking about one of the things he did every day was he would start off his morning utilizing the laser on his brain. And we know he's as sharp as a tack. So he talked about how he used a laser transcranial fly to enhance brain function and that there are already studies showing that it was good for Alzheimer's and dementia. So that's when I jumped into using the lasers.

And I got a laser, even though I promised my wife I wouldn't buy one. When I went to the seminar, she said, “And now you are like Jack and the Beanstalk. You're gonna see a bunch of bright and shiny objects and buy a bunch of stuff. So, you know, you gotta promise me you won't buy something.”

But the results we got there, what I saw and what I heard with Dr. Murphy, like, *I have to get this. It'll be a lot easier for me to ask for her forgiveness than ask for her permission.* So I got the lasers, came back to the room and she's like, *did you do? You promised me you wouldn't buy a bunch of stuff.* And I said, "let me show you. This is our ticket out of being dependent on insurance." So I worked on her and she said, "OK, you're forgiven as long as you do this whenever I ask."

And so I've basically been her indentured servant for the last 21 years. I give you lecturing in the UK or Canada, or anywhere around the globe. And when I come back, if she needs me, I'm there to do the lasers.

So that was amazing to get into the lasers because of that. And then my first laser miracle wasn't even with sports, it was with a girl, a young girl who was injured on a homecoming float. A teacher was driving the float, and thought it'd be funny to do quick stops and starts. And she's in heels. So she rolls her ankle and she sprains it. And after the homecoming event, she goes to Kaiser here outside.

And they said, "yeah, you've got a simple ankle sprain. You'll be fine in four to six weeks. Use these crutches. Rest, ice, compression, elevation. You'll be fine." Well, she shows up in my office six months later after being at Children's Hospital in LA, where she's been diagnosed with chronic white reflex, sympathetic dystrophy, so complex regional pain syndrome. And they had no treatment for it. Didn't know why it happened, but they're going to amputate her leg at the mid thigh.

So she shows up at my office. I'm a new laser practitioner and she basically says, "hey, if you can't help me, I'm going to have to have my leg amputated."

So I used the lasers, putting them on her leg and the cool thing is this laser has a line-generated beam, so we could spread it out over the whole leg to treat that whole area, and we did it there. We did it on her on her brain and then also adjusted her as well, too. And in three weeks [she] had a complete resolution of symptoms and never lost a leg. Of course she goes back to Children's Hospital, and she's able to walk. She was so bad she couldn't handle clothes on her leg. She couldn't stand on her leg or anything and any kind of touch felt like razor blades. Three weeks later, she's completely fine; they're blown away.

She says, "Yeah, I went to this chiropractor. He did lasers and adjustments on me and I'm fine." And of course, the orthos there said, "oh, no, no, no. Lasers are BS. There's no research on them and and adjustments not going to help you either. You either had a spontaneous recovery, i.e., a miracle, or we misdiagnosed you," and that was their claim

on it. But the great thing was she became my receptionist later. And so when people would ask me back in the early 2000s, hey, does laser actually work? She'd stand up and say, “you see my leg? I have my leg because of Dr. Gair. His lasers on there.” So that's how I got into it.

GH: That's a really great story.

KG: Thanks. Yeah, it's amazing to change that life.

GH: I think our readers will enjoy that. Is there anything else you want to share? Any other takeaway from the article?

KG: Yeah. So from the article, this is where, you know, it's great to get involved with kids young because they're coming in, especially there's a growing trend toward year-round sports where kids are just, they're starting at age 5 or 6 for a lot of different sports and including not just football or baseball or soccer, but also cheerleading. And those kids get injured a lot. And when they get injured and they go to a pediatrician, the pediatrician, oftentimes they aren't well-trained in dealing with sports injuries, so they're going to tell them. [Takes Mitrofan rested] and in six weeks you're still bad after being shut down. Then come back in. Well, it's kind of like if you have a car that the engine is smoking and you go to the mechanic and the mechanic just tells you, oh, just leave it in the driveway for six weeks, don't drive it and then start it up in six weeks and see what's happening. And they don't get any help and these kids need help because they do not have a break anymore. They're going 52 weeks, almost, a year.

And so utilizing lasers, when we have this laser on their bodies, like the green one especially, that's going to stimulate a lot of stem cell production in the body. Now, any color laser will do that. But green is particularly great at doing that. Violet, we can have the breakdown of scar tissue. So we can actually get these kids back out there faster and safer. I've had numerous kids not have to have surgeries.

We had one who had rotator cuff tears and was recommended for surgery before he was a senior. We used the lasers on him and got those tears to heal and he never missed that season. He missed about four weeks and we end up being the MVP of the conference and got a full ride scholarship to a Division One school in college. And if he misses that season, he doesn't get that. So just to get changed, the life... with Teresa and her leg, you can change the lives of these other kids because you can get them back out. Then they have an injury that in this season, and you can enhance your performance.

I had one who had chronic hamstring strains, went to great chiropractors. His mom was a physical therapist but he kept pulling his hamstring and even with adjustments and therapy it kept coming. So when I assessed him he had some different balance issues that we used the laser on the brain to enhance his balance and coordination. We strengthened up some of the weak muscles, got them adjusted and he went from not competing to being the fastest kid in the US in the 400 meters in 2017. Set a world record at the Pan Am Junior Games and the 4 by 400 meters and won a gold and a bronze medal down there and there was a USC and and set a national record over there. He'd come in regularly for two weeks at my office. So you can do a lot of things that are fun, and [that's] a great thing for doctors to understand about that if you get into athletes, because we see a lot.

Doctors say, "well, how do I get new patients and how to get quality new patients? So I'm using Facebook and Google ads." People don't want to commit; athletes will commit, and then, because they see the results and they want to stay on the top of their game. So we'll have people come in for an injury and then stick around for what I call performance enhancement. And then they tell their teammates. So usually you get one athlete, you get the rest of the athletes.

And if you talk to the coach, the coach wants them to go somewhere they don't miss games. They know Pediatrics is going to shut them down. If you can get them back out there very quickly, you're going to have a steady stream of athletes coming into your office and that's really the the magic of the laser as you're changing their lives and you're changing your practice as well.

GH: Well, thank you so much this information. It is great; I look forward to your next article and your next interview. So until next time.

KG: Thank you.