St. Peter’s Health Care Services, a comprehensive, integrated system of care, is the Capital Region’s largest provider of health care services.

St. Peter’s Hospital is proud to be designated a national Magnet™ Hospital for consistent excellence in nursing services. St. Peter’s has also been ranked among an elite group of hospitals nationwide as a Distinguished Hospital for Patient Safety™, Top 100 Cardiovascular Hospital, Top 100 Stroke Hospital and Top 100 Hospital for overall clinical services.

St. Peter’s continues to set the pace for health care innovations. We are 5,000 professionals who know that technology is critical to treatment, but compassion is the key to healing.
What is Anodyne® Therapy?

Peripheral nerves (nerves outside the brain and the spinal cord) can be damaged through a lack of circulation or other factors. Circulatory problems can cause pain and other medical conditions that are often difficult to treat. If you have been diagnosed with neuropathy, a disease of the peripheral nerve or nerves, Anodyne® Therapy may be right for you.

Anodyne® Therapy is a form of light therapy. This modality emits infrared light through therapeutic pads which are placed in direct contact with the patient’s skin. This causes nitric oxide to produce in the body. Nitric oxide is a powerful chemical in the body. It is also responsible for the pain-relieving aspect of some medications such as morphine. This chemical increases circulation to the affected area and decreases pain.

Anodyne® Therapy, when used in association with a personalized physical therapy program, may help relieve pain which has not responded to other interventions.

How will I be treated?

A physician referral is necessary before treatment can begin. On average, a treatment plan for Anodyne® Therapy involves 10 to 12 sessions. The therapy can be administered by a physical therapist, occupational therapist or registered nurse.

If a patient shows improvement, they have the opportunity to purchase a home unit to maintain their improved status.

What are the side effects?

Anodyne® Therapy causes minimal side effects. It should not be used directly over an active cancer or used during pregnancy. Patients should consistently carefully monitor their blood sugars during therapy. The possibility of low blood sugar levels grows as the patient’s activities increase.

In addition, there is a very slight risk of superficial burns if therapy is not administered correctly.

For More Information

If you have additional questions, please call St. Peter’s Hospital Home Care at (518) 525-6000.