

## Advancing Non-Invasive Podiatric Foot and Ankle Care

By Nathan Sengillo

For James Cottom, DPM, FACFAS, innovation in podiatry is grounded in evidence and outcomes. As a podiatric surgeon and the fellowship director at Alexander Orthopaedic Associates/Florida Orthopedic Foot & Ankle Center, he has built his practice around expanding treatment options that reduce reliance on medication and surgery while improving patient outcomes. This commitment drives his goal of effectively treating a wide range of lower extremity conditions through a conservative, non-invasive approach. This approach led him to explore innovative therapies that could support healing at a cellular level rather than traditional treatment pathways that focus on addressing symptoms.



Dr. Cottom

Dr. Cottom was introduced by colleagues to Multi-wave Locked System\* (MLS) Laser Therapy, an advanced therapeutic technology using near-infrared light to stimulate biological processes at the cellular level and accelerate the body's natural healing processes.

He was initially drawn to the breadth of clinical evidence, along with a level of versatility not commonly seen

at treatment site. This stimulates mitochondrial activity and increases ATP production while reducing inflammation and improving local circulation, which helps create an optimal biological environment for regenerative treatment.

PRP is administered immediately following the initial laser treatment, delivering a concentrated dose of growth factors directly to the affected tissue. These growth factors stimulate cellular proliferation, collagen production, and angiogenesis, initiating the regenerative phase of healing. Most patients receive only one high-dose PRP injection as part of their treatment plan.

Following the injection, the patient will continue to receive six-to-12 MLS Laser Therapy treatments over the span of three laser sessions a week. MLS Laser Therapy

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in other modalities. As he began to see consistent, positive outcomes with MLS Laser Therapy in his own practice, it became a central component of his treatment approach and prompted him to explore how it could be integrated with other regenerative therapies at his practice.

Having used platelet-rich plasma (PRP) therapy for years, Dr. Cottom had already seen strong clinical outcomes with the treatment. As he began to observe similarly positive results with MLS Laser Therapy, he decided to explore how the two could work together. The ability of high-dose PRP to deliver a concentrated dose of growth factors, combined with MLS's capacity to support cellular activity, ultimately led him to integrate the two into a unified treatment approach.

Dr. Cottom's integrated protocol combines MLS Laser Therapy with PRP in a structured, sequential approach designed to enhance biological healing responses. Prior to injection, he administers MLS Laser Therapy at the treat-

ment site. This stimulates mitochondrial activity and increases ATP production while reducing inflammation and improving local circulation, which helps create an optimal biological environment for regenerative treatment.

Dr. Cottom reports that the combined approach has produced notable improvements in recovery timelines. Patients frequently report feeling better sooner, and his outcome data indicates improved healing trajectories. The combined therapy has shown promise in conditions such as plantar fascial tears, Achilles tendinopathy, and end-stage ankle arthritis.

Although his goal is to minimize the need for surgery, when operative intervention is required, this approach has proven instrumental in post-operative care, including total ankle replacement and Achilles tendon repair procedures. In these cases, Dr. Cottom has observed reduced swelling, accelerated healing, and improved functional recovery, suggesting a broader regenerative effect at the tissue level.

Across his practice, he reports favorable outcomes in 85-to-90 percent of his patients. He continues to track outcomes closely and refine his protocols as additional data becomes available.

Dr. Cottom will continue to refine the combined use of MLS Laser Therapy and PRP as clinical evidence evolves. He also intends to publish future clinical outcomes and findings in relevant journals as his collection of data expands. *Visit [celasers.com](http://celasers.com) or [click here](#).*