

Akribis Veins & Vitality Highlights Non-Invasive Red Light Therapy for Chronic Pain Management

Worthington practice's pain management program targets underlying causes of discomfort without surgery or long-term medication use.

WORTHINGTON, OH, UNITED STATES, September 4, 2026 /EINPresswire.com/ -- [Akribis Veins & Vitality](#) is highlighting its non-invasive [pain](#) management

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Dr. Amanda Cooper

program, which uses red light therapy to help patients address chronic and acute pain without surgery or long-term medication use.

Chronic pain related to back and neck issues, arthritis, plantar fasciitis, sports injuries, nerve pain and migraines can significantly affect mobility, sleep and overall quality of life, according to the practice. Left untreated, pain often creates a cycle that can lead to reduced physical activity,

muscle weakness, poor sleep and increased dependence on medication.

The practice's pain management program is designed to address the underlying causes of discomfort rather than only masking symptoms, using red light therapy as a central component of personalized treatment plans.

Red light therapy exposes targeted areas of the body to specific wavelengths of red and near-infrared light, a process intended to stimulate cellular energy production, according to the practice. Reported benefits associated with the therapy include reduced inflammation, improved circulation, faster tissue repair, enhanced cellular regeneration, improved nerve stimulation, reduced joint stiffness and faster muscle recovery.

Conditions that may benefit from the therapy include arthritis and joint pain, back and neck pain, sports injuries, plantar fasciitis, nerve pain and neuropathy, and chronic headaches, the practice said.

"Many patients have learned to live with pain and assume it is simply part of aging or an old injury," said [Dr. Amanda Cooper](#) of Akribis Veins & Vitality. "Our goal with red light therapy and

our broader pain management program is to help the body heal rather than just cover up symptoms."

Treatment at Akribis Veins & Vitality begins with a personalized consultation that reviews a patient's symptoms, medical history, lifestyle factors and previous treatments attempted. Based on that evaluation, providers create a customized plan; multiple sessions may be recommended depending on the condition and treatment goals, according to the practice. Sessions are typically comfortable and non-invasive and require little to no recovery time; some patients report improvement within 24 to 48 hours, though results vary by condition.

Patients considering pain management therapy can schedule a consultation through the practice's website or by phone.

About Akribis Veins & Vitality

Akribis Veins & Vitality is a medical practice based in Worthington, Ohio, offering vein care, hormone wellness, and medical aesthetics services to patients throughout central Ohio. Led by Dr. Amanda Cooper, the practice provides personalized, evidence-based treatment plans for vein health, pain management, and facial and body aesthetics. More information is available at <https://akribisveinsandvitality.com/>.

About Akribis Veins & Vitality

Akribis Veins & Vitality is a Columbus and Worthington-area practice offering vein care, wellness services, and aesthetic treatments designed to help patients look and feel their best. The practice focuses on personalized care, patient education, and comprehensive treatment planning tailored to each individual's goals.

Dr. Amanda Cooper
Akribis Veins & Vitality
+1 (614) 488-5090
info@akribisveinsandvitality.com
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