



Active Chiropractic Provides Infrared Therapy in Raleigh, NC for Natural Pain Relief and Wellness

December 15, 2025

RALEIGH, NC - December 15, 2025 - PRESSADVANTAGE -

Active Chiropractic offers infrared therapy in Raleigh, NC, as part of its comprehensive approach to holistic health care. This non-invasive treatment utilizes red and near-infrared light to promote healing, reduce inflammation, and support cellular repair. The service addresses a range of conditions, including chronic pain, arthritis, and sports injuries, responding to increasing interest in drug-free pain management options.

The therapy works by penetrating tissues with specific wavelengths of light, stimulating circulation, and enhancing cellular energy. Patients experience benefits such as reduced stiffness, improved mobility, and accelerated recovery from injuries. At Active Chiropractic, the Renu Light System delivers 360-degree exposure during short sessions, typically lasting 15 minutes. This method supports tissue regeneration and collagen production, contributing to skin health and anti-aging effects alongside pain relief. The system combines red and near-infrared light to facilitate tissue repair and natural fat elimination, making it suitable for various wellness goals.

Chronic pain affects millions of Americans, with conditions like low back pain and fibromyalgia impacting daily life for many individuals. Recent research highlights the efficacy of infrared therapy in managing such issues.

A randomized controlled trial published in *Pain Research & Management* found that infrared therapy provided significantly greater pain relief for chronic low back pain compared to placebo treatments. Another review of studies on infrared radiation for musculoskeletal conditions, including fibromyalgia and osteoarthritis, suggested beneficial effects as a complementary therapy. Additionally, a meta-analysis of 11 studies on red light therapy for pain reported mostly positive results. These findings align with the growing adoption of light-based therapies in clinical settings.

The medical far infrared therapy device market reflects this trend, projected to grow from 1.3 billion dollars in 2025 to 2.1 billion dollars by 2035. Similarly, the far infrared therapy device market is estimated at 1.58 billion dollars in 2025, expected to reach 2.17 billion dollars by 2030, with a compound annual growth rate of 6.55 percent. This expansion indicates broader recognition of infrared therapy's potential in health care. Active Chiropractic integrates this therapy into personalized plans to meet patient needs in the Raleigh area.

Lindsay Gilbert, who leads the Red Light Therapy Program at Active Chiropractic, explained the approach. "Combining infrared therapy with nutrition support helps reduce inflammation and boost energy, leading to lasting results for patients," said Gilbert, a holistic health coach and certified personal trainer with over 13 years in health and wellness.

The treatment also aids in weight management by shrinking fat cells and reducing cellulite. For those dealing with neuropathy or post-surgical recovery, infrared therapy provides relief without downtime. Active Chiropractic tailors sessions to individual conditions, ensuring safe and effective outcomes. The clinic's focus on non-invasive methods aligns with patient preferences for natural alternatives to traditional medicine.

Beyond pain relief, infrared therapy promotes mental clarity and better sleep, addressing overall wellness. Patients report improvements in skin conditions like acne and eczema, as well as faster healing from wounds and burns. The therapy stimulates collagen production, which helps reduce wrinkles and improve skin tone. It also accelerates the healing of ligaments, tendons, and muscles, reducing stiffness and soreness after physical activity.

Active Chiropractic combines infrared therapy with other services, such as chiropractic adjustments, massage therapy, and softwave therapy, for a multidisciplinary approach. Chiropractic care focuses on spine alignment to enhance nervous system function, while massage therapy provides relaxation and tension relief. Softwave therapy uses shockwave technology to stimulate cellular healing and improve blood flow. This integration allows for comprehensive care that addresses multiple aspects of health.

Dr. Molly Hall, chiropractor and owner of Active Chiropractic, emphasized the body's potential for self-healing. "The body has an amazing ability to heal when given the right support, and infrared therapy serves as that support for many patients experiencing pain and dysfunction," said Hall.

The chiropractic clinic in Raleigh, NC, serves residents seeking alternatives to pharmaceuticals, particularly for autoimmune conditions and joint degeneration. Infrared therapy stands out for its lack of side effects and compatibility with daily routines. As awareness grows, more individuals turn to such treatments for sustainable health improvements.

Active Chiropractic maintains a patient-centered environment where providers collaborate to optimize care. The integration of infrared therapy enhances outcomes for those with muscle strains, tendonitis, and scarring. This service reflects the clinic's commitment to evidence-based, holistic practices.

In addition to the core benefits, infrared therapy assists in managing symptoms of rheumatoid arthritis and osteoarthritis by reducing inflammation and alleviating nerve damage. It supports recovery from sports injuries like sprains and strains, and aids in post-surgical procedures by speeding up tissue repair. For skin-related issues, it helps with psoriasis, dermatitis, and scarring, promoting healthier skin overall.

The clinic also offers neuropathy treatments, which can be complemented by infrared therapy to restore sensation and function in affected areas. Lifestyle education provided at Active Chiropractic includes guidance on ergonomics, exercise, and nutrition, further enhancing the effects of infrared therapy.

Founded in 2005 by Dr. Molly Hall, Active Chiropractic has grown from a small operation into a multi-disciplinary center in Raleigh, North Carolina. The practice incorporates chiropractors, massage therapists, acupuncturists, and other specialists to address root causes of pain and promote long-term health. With a focus on compassion, excellence, and patient education, the clinic empowers individuals to participate actively in their healing journeys. The team includes experienced professionals like Dr. Matthew Murphy, who treats various musculoskeletal issues, and Gigi Dube-Clark, the neuropathy director with 28 years of nursing experience.

This expansion of services, including infrared therapy, responds to the evolving needs of the community for non-invasive health solutions. As research continues to support the use of light therapy, clinics like Active Chiropractic play a role in making these options accessible.

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Active Chiropractic

Founded in 2005 by Dr. Molly Hall, a passionate chiropractor and health advocate, we are proud to be a holistic healthcare provider located in the heart of Raleigh, North Carolina.

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