



Jared Allen healed broken foot for Super Bowl by using laser therapy

Mike Garafolo Feb 2, 2016 at 6:24p ET



Allen credited the team's training staff as well as his "buddy (Jay) Glazer," who hooked him up with some of the latest laser therapy via a company called **Phoenix Thera-Lase**. Glazer was skeptical of the healing power of lasers until actor and former NFL player Fred Dryer introduced him to the company.

"It's the biggest game-changer I've ever seen," Glazer said. "We've taken away high-ankle sprains in six days. We had (UFC champ) Rashad Evans, coming off a double ACL, ditch his knee brace four days after treatment. It was the first time in 20 months he was able to do that."

Glazer arranged for the company to send one of the \$135,000 lasers to Carolina so Allen could undergo treatment to remove the inflammation surrounding the broken bone. That's why Allen was able to run within a few days and believed he was ready to play.

"I was with him on the sideline (before the NFC Championship). He was doing drills," Glazer said. "(The Panthers) just looked at it like there was no way he could play on it that quickly." But they had no doubt he'd be ready for the Super Bowl.