

Recommendation for treatment with Photobimodulation Therapy

The chart below describes the recommended treatment with LLLT/PBM and is based on articles along with guidelines from the website Laser World (www.laser.nu), which is sponsored and operated by the Swedish Laser-Medical Society, SLMS. Laser World is a non-profit website. Dosage and number of treatments are not definitive but general recommendations. In the case of deeper damage, the dose should be increased accordingly.

Table of recommendation for treatment with Low Level Laser Therapy/Photobiomodulation Therapy

ENERGY-LASER L500 PRO (Bluetooth) transmits 5 joules between each emission, "beep" (10 sec.)

Studies / documentation: www.laser.nu

Ailments / symptoms	Dose (Joule/Area)	Method	Time interval between treatments	Total number of treatments
Acne Vulgaris	2 – 5 J / cm ²	Spot treatment	2 – 3 days	4 – 10
Allergic rhinitis	4 -5 J / cm ²	Spot treatment	2 – 3 days	5 – 10
Herpes simplex (cold sore)	4 -5 J / cm ²	Spot treatment	Every day	2 – 3
Arthritis	4 -5 J / cm ²	Spot treatment	2 – 3 days	8 – 10
Epicondylitis	4 -5 J / cm ²	Spot treatment	2 – 3 days	8 – 10
Mucositis	4 -5 J / cm ²	Spot treatment	2 – 3 days	5 – 10
Fibrositis	4 -5 J / cm ²	Spot treatment	2 – 3 days	10 – 20
Hypersensitive dentine	4 -5 J / cm ²	Spot treatment	2 – 3 days	5 – 10
Wound healing (edge of wound)	4 -5 J / cm ²	Spot treatment (edge of wound)	2 – 3 days	3 – 10
Wound healing (open wound)	2 J / cm ²	Laser held 2 cm above wound	2 – 3 days	3 – 10
Scars and pregnancy stretch marks	4 -5 J / cm ²	Spot treatment	2 – 3 days	10 – 20
Nerve inflammation	4 -5 J / cm ²	Spot treatment	2 – 3 days	5 – 10
Muscle knots and pain	5 – 50 J / point	Spot treatment	Every day (new injuries), max 3 days	
Muscle knots and pain	4 -5 J / cm ²	Spot treatment	2 – 3 days	5 – 10
Pain (acute)	5 – 50 J / cm ²	Spot treatment	Every day (new injuries), max 3 days	
Pain (subacute)	4 -5 J / cm ²	Spot treatment	2 – 3 days	5 – 10

Ailments / symptoms	Dose (Joule/Area)	Method	Time interval between treatments	Total number of treatments
Arthritis in joints	4 -5 J / cm ²	Spot treatment	2 – 3 days	10 – 15
Acupuncture and reflexology	5 – 15 J / cm ²	Spot treatment	2 – 3 days	3 – 10
Tendinitis	4 -5 J / cm ²	Spot treatment	2 – 3 days	3 – 10
Removal of foot warts	5 – 10 J / point	Spot treatment	6 – 10 days	3 – 5
Trigger Points	5 -15 J / cm ²	Spot treatment	2 – 3 days	
Tinnitus	50 – 300 J / ear	Spot treatment	2 – 3 days	10 – 20
Inflammation of the ear	50 – 300 J / ear	Spot treatment	2 – 3 days	2 – 3
Sinusitis	5 – 10 J / ear	Spot treatment	2 – 3 days	2 – 3
Sjögren Syndrome	5 – 10 J / ear	Spot treatment	2 – 3 days	3 – 10
Post Herpetic Neuralgia	5 – 10 J / ear	Spot treatment	2 – 3 days	3 – 10

Dosage and total number of treatments should be taken as general recommendations

Treatment of animals = same method as for humans – – Higher dosage is required for deeper lying injuries