

Pain and Inflammation

Secondary Pain and Inflammatory Conditions suitable for PBMT.

Please note that Photobiomodulation targets inflammatory and pain signaling pathways. It does not necessarily treat the underlying condition as such and is not a substitute for medical care.

DO NOT TREAT

- Pain due to a suspected or untreated infection (refer for assessment)
- Any active systemic infection (fevers)
- Autoimmune condition in a flare-up, or client on high dose steroids, clients using high dose cortisone/steroids (only treat once tapering to a low dose has begun)

Note any medications being used concurrently.

Pain and Inflammation

Conditions suitable for PBMT

- Musculoskeletal injuries/ sprains
- Post-exertion/exercise stiffness
- Post surgical pain
- Fibromyalgia
- Autoimmune related pain (not in the flare up phase)
- Neuropathic pain
- Head injury, falls, post concussion (stable and only after medical assessment and clearance)
- Arthritic conditions
- Endometriosis
- Migraine and headache
- Orofacial pain
- Cancer Pain (cover area of active cancer and get medical clearance)
- Post Radiation Pain

PROTOCOL

10 minutes PBM on back

10 min PBM on front

20-30cm Panel at 20-30cm depending on heat tolerance

- **Eye protection mandatory**