

Neurological Health

Neurological Conditions and PBMT. Many brain disorders are closely related to mitochondrial activity.

- PBM enhances mitochondrial function
- Improves antioxidant responses
- Reduces inflammation
- Offers protection from apoptosis (cell death)
- Improves cerebral blood flow
- Increases cellular energy production
- Promotes neurogenesis and neuroplasticity.

Please note that Photobiomodulation does not directly treat the neurological condition as such, and is not a substitute for medical care of these conditions. It can, however be neuroprotective.

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Conditions where PBM has been used

- Neurodegenerative conditions (Parkinson's and Alzheimer's Disease, Multiple Sclerosis)
- Neuropsychiatric conditions (Depression, Anxiety, PTSD, addiction, Insomnia)
- Traumatic brain disorders (Stroke, Traumatic Brain Injury, Epilepsy)
- Neurodevelopmental disorders (Autism, ADHD, Down's Syndrome, Spasticity)

In the case of neurological conditions, it is important to offer photobiomodulation therapy within the scope of your qualifications and experience. When in doubt, please contact the clients treating doctor and ensure that your client is well suited for the treatment. Ideally you would want to work in partnership with the treating health professional.

In the case of any acute condition, ensure that proper medical management is in place and that all informed have given consent

DO NOT TREAT

- 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.

PROTOCOL

10 minutes PBM on back of the head

5 min PBM over the front of the head

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

- **Eye protection mandatory**