

THERALIGHT

FREQUENTLY ASKED QUESTIONS

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What is Photobiomodulation Therapy?

Photobiomodulation (PBM) Therapy is the application of Red and Near InfraRed light to tissue that is injured, sick, degenerating or aging. The absorption of this light and has been clinically proven to:

- Increase energy production
- Increase circulation
- Reduce oxidative stress
- Reduce inflammation
- Trigger cell specific repair processes

These cellular mechanisms result in

- Improved muscle performance
- Increased exercise times and capacity
- Reduced pain
- Improved joint motion
- Enhanced wound healing
- A release of certain brain compounds that positively affect mood and sleep
- Improved immune function
- Faster and better quality tissue repair
- and much more.

Photobiomodulation is safe, relaxing, and has no known negative side effects.

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How does PBM Therapy work?

The effects are photochemical, just like photosynthesis in plants. When the correct parameters are used, light reduces oxidative stress and increases cellular energy (ATP). This in turn improves cell metabolism and reduces inflammation.

PBM Therapy appears too good to be true as it has many applications, but really it does just one thing and it does it very well. **It reduces oxidative stress.** Oxidative stress is essentially an imbalance between the production of free radicals and the ability of the body to counteract or detoxify their harmful effects through neutralization by antioxidants, is critical in helping the body recover. **Oxidative stress is accepted as the underlying trigger for most diseases and degenerative conditions.** It is also a component in the inflammatory phase of acute and chronic injuries. Extensive research during last two decades has revealed oxidative stress can lead to chronic inflammation, which in turn contributes to chronic diseases including cancer, diabetes, cardiovascular disease, neurological disorders and pulmonary diseases.

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What can PBM Therapy work for?

Photobiomodulation therapy has been effectively used as a non-medical intervention for reducing recovery time resulting in athletes:

- Running faster and longer with less fatigue
- Lifting heavier weights
- Achieving higher benchmarks sooner
- Recovering more quickly from injuries

As a non-medical intervention for musculoskeletal conditions such as:

- Arthritis
- Muscle soreness
- Joint pain and stiffness

As a non-medical intervention for inflammatory conditions such as:

- Fibromyalgia
- Chronic fatigue
- Rheumatoid arthritis
- Psoriatic arthritis

As a non-medical intervention for other painful conditions such as:

- Neuropathy
- Shingles
- Poor circulation

As a non-medical intervention for accelerating visceral fat loss

Many therapies only address symptoms, without addressing the source. PBMT works at the cellular level, stimulating repair and normalizing cell function.

Unlike drugs and surgery, PBM Therapy safely and effectively

- Promotes cell regeneration
- Reduces inflammation and pain

PBM Therapy

- is non-toxic
- is non-invasive
- has no side effects

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What will I feel?

PBM Therapy does not heat tissue, it does however increase circulation so a warming sensation is often experienced. Reported subjective feedback:

- "Temporary euphoric feeling"
- "Increased energy levels"
- "Improved sleep patterns"
- "Improved mood"
- "Improved skin clarity and tone"
- "Improved bowel function"
- "Decreased swelling of extremities"
- "Increased energy"
- "Increased mental clarity"
- "Increased general sense of well being"

These outcomes may not apply to every person, and are not intended to guarantee, promise, represent and/or assure that anyone will achieve the same or similar results.

Occasionally some clients may experience mild fatigue, discomfort, or aches after treatment. These responses should reduce after 24-48 hours, if they persist notify your technician at your next appointment.

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How is PBM Therapy applied?

PBMT can now be delivered to the entire body using a state of the Art FULL BODY DELIVERY SYSTEM called TheraLight 360. Now in just 10 minutes, a full body light session that targets inflammation and stimulates repair can be delivered.

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What session times are recommended?

10 minute sessions 2-3 x per week.

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How many therapies are needed?

Every person's condition is unique, therefore their treatment course is as well. However there are some general rules of thumb that apply to PBM Therapy.

- Acute injuries and inflammation from muscle strains and sprains, cuts, bruises, burns, etc typically show very rapid improvement and can resolve in 1-2 weeks.
- Long-term, chronic conditions can take 2-3 weeks to get significant benefits, weeks to months for maximum benefits, then weekly or bi-weekly sessions may be necessary to maintain benefits.

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Does it get hot inside the bed?

No. The LEDs are cooled by a patent-pending cooling system to keep you comfortable.

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How often will I need to have the PBM Therapy?

It is recommended 3 x per week for 2 weeks then reduce to 2 x per week until goals are met. At that time you can reduce to 1 x per week for maintenance and wellness.

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What scientific evidence is available?

To date there are over 550 Randomized Controlled Trials (RCTs) and over 4000 laboratory studies have been published using PBM devices. PBM Therapy is used in thousands of clinics, hospitals and elite sports institutions in over 70 nations. There are approximately 40 new papers per month being published. The primary evidence is in musculoskeletal pain and dysfunction, however a wide variety of conditions are being studied as well. To review the published research, go to PubMed.gov and search by the terms Photobiomodulation, LLLT or Low Level Light Therapy.

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Is this FDA approved?

The TheraLight 360 Full Body Wellness System is a General Wellness Device. General Wellness Devices are exempt from premarket notification (510k). Therefore, the TheraLight 360 Full Body Wellness System does not require FDA clearance or approval, instead must be registered with the FDA under defined Intended Uses. The device is built according to current Good Manufacturing Practices (cGMP) and is in compliance with applicable standards as required by FDA.

THE CLASS I INTENDED USES ARE:

- Restoration of motion to joints
- Redevelop muscles
- Adjunct to obesity as part of a diet and exercise program

THE CLASS II INTENDED ARE:

- Relaxation of muscles and relief from muscle spasms
- Temporary relief of minor muscle and joint aches, pain and stiffness
- Temporary relief of minor pain and stiffness associated with arthritis
- To temporarily increase blood circulation

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Are there any contra-indications?

Pregnancy and cancer and clients that have had organ transplants. More research is necessary to detect any potential adverse effects on patients with these conditions before PBM Therapy can be utilized by these clients.

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Can children use it?

With parental informed consent.

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Do I need eye protection?

All persons present during device operation must wear approved TheraLight 360 protective eyewear. Prescription contacts or glasses can be worn under TheraLight 360 goggles.