

Carpal tunnel

Based on 27 human randomized controlled trials

WAVELENGTHS

830 nm	7 studies
670 nm	2 studies
780 nm	2 studies
1064 nm	1 studies
808 nm	1 studies

DOSE RANGE

Min: 1.0 J/cm² | Median: 9.0 J/cm² | Max: 18.0 J/cm²

COMMON PROTOCOLS

1. 830nm, 9.0 J/cm², 10 sessions, 3x/week
2. 670nm, 9.0 J/cm², 10 sessions, 3x/week
3. 780nm, 9.0 J/cm², 10 sessions, 3x/week

SESSION RANGE

1–30 sessions (median: 10)

DISCLAIMER

This card summarizes published research parameters only. It is not medical advice. Consult your healthcare practitioner before starting any treatment.

Source: PBM Research Database | redlightos.com/research