

# Joints

Based on 75 human randomized controlled trials

## WAVELENGTHS

904 nm	12 studies
1064 nm	9 studies
808 nm	8 studies
830 nm	7 studies
633 nm	4 studies

## DOSE RANGE

Min: 0.48 J/cm<sup>2</sup> | Median: 12.0 J/cm<sup>2</sup> | Max: 200.0 J/cm<sup>2</sup>

■ Biphasic warning: doses >50 J/cm<sup>2</sup> may have diminishing effects

## COMMON PROTOCOLS

1. 904nm, 12.0 J/cm<sup>2</sup>, 10 sessions, 3x/week
2. 1064nm, 12.0 J/cm<sup>2</sup>, 10 sessions, 3x/week
3. 808nm, 12.0 J/cm<sup>2</sup>, 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](https://redlightos.com/research)