

# Muscle

Based on 169 human randomized controlled trials

## WAVELENGTHS

808 nm	24 studies
850 nm	19 studies
810 nm	11 studies
630 nm	5 studies
830 nm	4 studies

## DOSE RANGE

Min: 0.8 J/cm<sup>2</sup> | Median: 57.6 J/cm<sup>2</sup> | Max: 420.0 J/cm<sup>2</sup>

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

## COMMON PROTOCOLS

1. 808nm, 57.6 J/cm<sup>2</sup>, 10 sessions, 3x/week
2. 850nm, 57.6 J/cm<sup>2</sup>, 10 sessions, 3x/week
3. 810nm, 57.6 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)