

Pain

Based on 178 human randomized controlled trials

WAVELENGTHS

904 nm	20 studies
1064 nm	18 studies
830 nm	18 studies
808 nm	11 studies
810 nm	8 studies

DOSE RANGE

Min: 0.02 J/cm² | Median: 5.0 J/cm² | Max: 300.0 J/cm²

■ Biphasic warning: doses >50 J/cm² may have diminishing effects

COMMON PROTOCOLS

1. 904nm, 5.0 J/cm², 10 sessions, 3x/week
2. 1064nm, 5.0 J/cm², 10 sessions, 3x/week
3. 830nm, 5.0 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