

Surgery Recovery

Related to using light therapy after outpatient surgeries mostly related to joints/sports injuries

- [ACL Surgery](#)

ACL Surgery

1.) Individual sustained injury to knee while bicycling. ACL surgery was pursued. After surgery, two 5W LED models with 45 degree focusing lens were sent to be used. Individual used for prolonged periods of the day. Reports that after a couple weeks, noticeable reduction in swelling, inflammation and pain were noticed. Within a month, knee appeared back to normal. Physical Therapist reported confusion in the rapid recovery, commenting most ACL injuries have swelling up to a year. Individual still uses light for pain/inflammation management after cycling, depending on distances traveled.