

~660nm - Red Light - Successes & Testimonials

- Arthritis
 - Hand Related
- Surgery Recovery
 - ACL Surgery
- Wattage Measuring

Arthritis

Related to arthritic joints

Hand Related

1.) Main thumb joint (connecting to palm) was causing the individual pain, swelling and reduced motion. Symptom in included stiffness and popping. Allopathic medicine stated future surgery, including the insertion of a pin may be required. A 3W LED with 45 degree focusing lens was given to be used up to 30 minutes a day. Individual reported to use twice a day (morning and evening). Within a couple weeks, a reduction in swelling, pain and increased motion were possible. Within a month, apparent full recovery was observed. Close to year, and the individual's thumb is still recovered.

Surgery Recovery

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

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.

Wattage Measuring

Sensors that are calibrated to the wavelength (within an acceptable tolerance) are required for accurate measuring. Obviously, commercial or scientifically calibrated ones are the most accurate and carry an expensive price tag. Some models range from \$700 upwards to \$2,000+. Since budget measuring was ideal, the model linked on Amazon below was stated to be calibrated for 660nm & 850nm LEDs.

Purchased here off Amazon: [660nm & 850nm Phototherapy Light Meter](#)

This sensor relays measurements via blue-tooth to a paired cell phone. Photos below show the readings with one of my single lights.

