

# ~660nm - Red Light - Successes & Testimonials

- Arthritis
  - Hand Related
- Surgery Recovery
  - ACL Surgery

# 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.