

LIGHT THERAPY FREQUENTLY ASKED QUESTIONS

What is Light Therapy?

A photo-modulated (pulsed, light emitting diodes) device also known as low-level light therapy (LLLT). The infrared and visible red LEDs are the heart of Energia Medical's pads.

What is a quick summary of Light Therapy research?

Decades of research found that certain wavelengths of light within the red and infrared bands were very beneficial to living tissue. Light Therapy is currently being used in clinical and home settings around the world. Light Therapy has been in use by the medical profession to increase circulation, reduce pain, relax muscles and relieve aches/stiffness from Arthritis for more than 20 years.

Can you explain the different lights and color?

Light Therapy describes the color in terms of the wavelength of the LEDs. The human eye sees wavelengths as colors. Infrared is outside of the visible spectrum and cannot be seen by the eye.

Can anyone use LED Light Therapy?

An individual can use the equipment safely without medical supervision at home or can be treated by a healthcare provider in a clinic setting. The sessions are completely non-invasive. Do not use Light Therapy over the pregnant belly or if taking any medications that cause light sensitivity.

What does it feel like when using Light Therapy?

The lights create a comforting, warm feeling with the pads.

How does Light Therapy increase circulation?

The infrared light energy releases nitric oxide from hemoglobin and endothelial cells. Nitric oxide is a signaling molecule that relaxes smooth muscle cells found in the arteries, veins, and lymph vessels. When these muscles relax, the vessels dilate, thus allowing increased circulation.

How often can the lights be used?

You can use the lights up to 2 times a day in the same area, but you should allow a few hours between treatments if you are treating the same location. For ongoing treatments 3 times per week is typical.

Why are different wavelengths utilized?

Blue, red and infrared have different levels of penetration into the body.

What are the biological effects of light?

Anti-Inflammation

Anti-Pain (Analgesia)

Increased Metabolic Activity

Immunoregulation

Accelerated Tissue Repair and Cell Growth

Improved Nerve Function

Improved Vascular Activity

Trigger Point Resolution and Acupuncture Point Stimulation

How come some of the lights seem to be on?

You can see red lights, but you cannot see infrared light. It might not look like they are on, but they are actually on. If you took your cell phone and looked at the pads through the camera, you'll actually be able to see the infrared lights on.