



Recommended treatment doses for Low Level Laser Therapy

Laser class 3 B, 780 - 860nm GaAlAs Lasers. Continuous or pulsed, mean output: 5 - 500mW
Irradiation times should range between 20 and 300 seconds

Diagnoses

Tendinopathies	Points or cm2	Joules 780 - 820nm	Notes
Carpal-tunnel	2-3	8	Minimum 4 Joules per point
Lateral epicondylitis	1-2	4	Maximum 100mW/cm2
Biceps humeri c.l.	1-2	6	
Supraspinatus	2-3	8	Minimum 4 Joules per point
Infraspinatus	2-3	8	Minimum 4 Joules per point
Trochanter major	2-4	8	
Patellartendon	2-3	8	
Tract. Iliotibialis	1-2	4	Maximum 100mW/cm2
Achilles tendon	2-3	8	Maximum 100mW/cm2
Plantar fasciitis	2-3	8	Minimum 4 Joules per point
Arthritis	Points or cm2	Joules	
Finger PIP or MCP	1-2	4	
Wrist	2-4	8	
Humeroradial joint	1-2	4	
Elbow	2.4	8	
Glenohumeral joint	2-4	8	Minimum 4 Joules per point
Acromioclavicular	1-2	4	
Temporomandibular	1-2	4	
Cervical spine	4-12	16	Minimum 4 Joules per point
Lumbar spine	4-8	16	Minimum 4 Joules per point
Hip	2-4	12	Minimum 6 Joules per point
Knee medial	3-6	12	Minimum 4 Joules per point
Ankle	2-4	8	

Daily treatment for 2 weeks or treatment every other day for 3-4 weeks is recommended

Irradiation should cover most of the pathological tissue in the tendon/synovia.

Start with energy dose in table, then reduce by 30% when inflammation is under control

Therapeutic dose windows typically range from +/- 50% of given values, and doses outside these windows are inappropriate and should not be considered as Low Level Laser Therapy.

Recommended doses are for white/caucasian skin types based on results from clinical trials or extrapolation of study results with similar pathology and ultrasonographic tissue measurements.

Disclaimer

The list may be subject to change at any time when more research trials are being published.

World Association of Laser Therapy is not responsible for the application of laser therapy in patients, which should be performed at the sole discretion and responsibility of the therapist.

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