



## Recommended treatment doses for Low Level Laser Therapy

Laser class 3B, 904 nm GaAs Lasers

(Peak pulse output >1 Watt, mean output >5 mW and power density > 5mW/cm<sup>2</sup>)

Irradiation times should range between 30 and 600 seconds

<b>Diagnoses</b>	<b>Min. area/points</b>	<b>Min. total dose</b>	
Carpal-tunnel	2-3	4	Minimum 2 Joules per point
Lateral epicondylitis	2-3	2	Maximum 100mW/cm <sup>2</sup>
Biceps humeri cap.long.	2-3	2	
Supraspinatus	2-3	4	Minimum 2 Joules per point
Infraspinatus	2-3	4	Minimum 2 Joules per point
Trochanter major	2-3	2	
Patellartendon	2-3	2	
Tract. Iliotibialis	2-3	2	Maximum 100mW/cm <sup>2</sup>
Achilles tendon	2-3	2	Maximum 100mW/cm <sup>2</sup>
Plantar fasciitis	2-3	4	Minimum 2 Joules per point
<b>Arthritis</b>	<b>Points or cm<sup>2</sup></b>	<b>Joules 904nm</b>	
Finger PIP or MCP	1-2	1	
Wrist	2-3	2	
Humeroradial joint	2-3	2	
Elbow	2-3	2	
Glenohumeral joint	2-3	2	Minimum 1 Joules per point
Acromioclavicular	2-3	2	
Temporomandibular	2-3	2	
Cervical spine	4	4	Minimum 1 Joules per point
Lumbar spine	4	4	Minimum 1 Joules per point
Hip	2	4	Minimum 2 Joules per point
Knee anteromedial	4-6	4	Minimum 1 Joules per point
Ankle	2-4	2	

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.

*Revised April 2010*