



PowerMedic Lasers
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Laser Therapy Manual



For PowerLaser Basic & PowerLaser Pro

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PowerLaser Therapy Manual

Acute injuries

Torn ligaments	1
Distorsion	2

Repetitive strain injuries

Achilles tendinitis	3
Heel spur	4
Carpal Tunnel Syndrome	5
Lower back pain	6
Hypertonia in scapula muscle	7
Tendinitis	8
Tenosynovitis	9
Bursitis	10
Jumper's Knee	11
Epicondylitis	12

Chronic conditions

Arthritis, rheumatoid	13
Whiplash	14
Arthritis, osteo-	15

Surface problems

Acne	16
Breast nipples, feeding-induced wounds	17
Eczema	18
Herpes Simplex	19
Herpes Zoster	20
Wounds	21

Other conditions

Scar tissue	22
Sinusitis	23
Burns	24
Lipoma	25
Bone healing	26
Ganglion	27
Warts	28

Intraoral conditions

Ingrowth of implants	29
TMJ syndrome	30
Parodontosis	31
Root tip infection	32
Tooth extraction	33
Hypersensitive tooth necks	34

Torn ligaments

broken tendons, partial ruptures, torn muscles

Purpose of the treatment:

relieve pain and oedema, accelerate healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, firm prs. Local painful points	10 J/point	500 mW	6-8 points	2	2	P3	T2	1
Trigger points	Contact, firm prs. TPs for affected muscles	10 J/point	500 mW	3-6 points	2	2	P3	T2	1

Treatment frequency: 1-2 times per day

No. of treatments in total, typically: 6-8

Remarks: Athletes in good shape can be treated twice a day for a quick and effective healing.

Reactions: Normally there are no therapy reactions. If the increased healing activity feels unpleasant, skip one day in the treatment.



Distorsion

Sprain

Purpose of the treatment:

relieve pain and oedema, accelerate healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	Contact, light prs. Directly into oedema	10 J/point	500 mW	16-20 points	2	2	P3	T2	1

Treatment frequency: 1-2 times per day

No. of treatments in total, typically: 6-8

Remarks: Athletes in good shape can be treated twice a day for a quick and effective healing.



Achilles tendinitis

Purpose of the treatment:

relieve pain and inflammation, increase mobility and accelerate healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, firm prs. Local painful points	2 J/point	100 mW	3-6 points	1	2	P1	T2	1

Treatment frequency: 3-5 times per week

No. of treatments in total, typically: 8-10



Heel spur

Plantaris fasciitis

A condition where the plantar fascia becomes inflamed at the region of a bony spur or growth off the calcaneous bone (heel).

Purpose of the treatment:

relieve pain and inflammation, increase mobility and accelerate healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, light prs.	10 J/point	500 mW	3-6 points	2	2	P3	T2	1
	Local painful points								
Local points	Contact, firm prs.	10 J/point	500 mW	3-6 points	2	2	P3	T2	1
	Along the tendon								

Treatment frequency: 3-5 times per week

No. of treatments in total, typically: 10-12

Remarks: When treated with laser therapy at an early stage before excessive calcification, prospects are good for a total recovery within 2-3 weeks.



Carpal Tunnel Syndrome

Carpal tunnel syndrome is compression of the median nerve in the wrist, resulting in pain in the wrist and hand, with the thumb, index and middle fingers more severely affected.

Purpose of the treatment:

relieve pain and inflammation, increase mobility and accelerate healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, firm prs. Local painful points	6 J/point	225 mW	3-6 points	1	6	P2	T1	3

Treatment frequency: 3-5 times per week

No. of treatments in total, typically: 8-10



Lower back pain

Purpose of the treatment:

relieve pain and oedema, increase mobility

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, firm prs. Local painful points	10 J/point	500 mW	16-20 points	2	2	P3	T2	1
Trigger points	Contact, firm prs. TPs for affected muscles	10 J/point	500 mW	16-20 points	2	2	P3	T2	1

Treatment frequency: 2-3 times per week

No. of treatments in total, typically: 8-10

Remarks: Should be combined with profylactic and corrective treatment.



Hypertonia in scapula muscle

muscle tensions

Purpose of the treatment:

normalize muscle tonus, relieve pain

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, firm prs.	10 J/point	500 mW	2-4 points	2	2	P3	T2	1
	Local painful points								
Trigger points	Contact, firm prs.	10 J/point	500 mW	2-4 points	2	2	P3	T2	1
	TPs for affected muscles								

Treatment frequency: 1-2 times per week

No. of treatments in total, typically: 6-8



Tendinitis

Tendonitis, Rotator cuff t., Tibia t., Patella t., Adductor t., Achilles t.

Inflammation of the tendon.

Purpose of the treatment:

relieve pain and inflammation, increase mobility and accelerate healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, firm prs. Local painful points	6 J/point	225 mW	6-8 points	1	6	P2	T1	3

Treatment frequency: 3-5 times per week

No. of treatments in total, typically: 10-12

Reactions: Some discomfort must be anticipated in the onset of the treatment.



Tenosynovitis

tendovaginitis, enovaginitis

Inflammation of a tendon sheath

Purpose of the treatment:

relieve pain and inflammation, increase mobility and accelerate healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, firm prs.	4 J/point	225 mW	3-6 points	1	1	P2	T2	1
	Local painful points								

Treatment frequency: 3-5 times per week

No. of treatments in total, typically: 8-10



Bursitis

Inflammation of a bursa resulting from injury, infection, or rheumatoid synovitis

Purpose of the treatment:

relieve pain and inflammation, increase mobility and accelerate healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	Contact, firm prs. Local painful points	6 J/point	225 mW	3-6 points	1	6	P2	T1	3

Treatment frequency: 3-4 times per week

No. of treatments in total, typically: 8-10

Reactions: Some discomfort must be anticipated in the onset of the treatment.



Jumper's Knee

Patella tendinitis

Purpose of the treatment:

relieve pain and inflammation, increase mobility and accelerate healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, firm prs.	4 J/point	225 mW	6-8 points	1	1	P2	T2	1
	Local painful points								
Trigger points	Contact, light prs.	10 J/point	500 mW	3-6 points	2	2	P3	T2	1
	TPs for affected muscles								

Treatment frequency: 3-4 times per week

No. of treatments in total, typically: 10-12

Remarks: If the therapy is initiated at an early stage, the total treatment time will be markedly shorter.



Epicondylitis

Tennis elbow, Golfer's arm

Inflammation in tendon attached to the lateral (tennis elbow) or medial (golfer's elbow) epicondyl.

Purpose of the treatment:

relieve pain, increase mobility

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, light prs.	2 J/point	100 mW	1-2 points	1	2	P1	T2	1
	Local painful points								
Trigger points	Contact, firm prs.	6 J/point	225 mW	3-6 points	1	6	P2	T1	3
	TPs for affected muscles								

Treatment frequency: 3-4 times per week

No. of treatments in total, typically: 10-12

Reactions: Some discomfort must be anticipated in the onset of the treatment. The more chronic the condition is, the more therapy reaction and longer treatment period is to be expected.



Arthritis, rheumatoid

Rheumatoid Arthritis

Rheumatoid arthritis is inflammation of the joints, caused by an abnormal reaction of the immune system to the lining of the joint capsule.

Purpose of the treatment:

relieve pain, increase mobility

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, light prs. Local painful points	10 J/point	500 mW	6-8 points	2	2	P3	T2	1
Trigger points	Contact, firm prs. TPs for affected muscles	10 J/point	500 mW	3-6 points	2	2	P3	T2	1
Local points	Contact, light prs. Directly at the affected joints	6 J/point	225 mW	16-20 points	1	6	P2	T1	3

Treatment frequency: 3-5 times per week

No. of treatments in total, typically: 12-16

Reactions: Increased pain in the beginning. This is a positive sign.



Whiplash

A condition of the neck which occurs from a forceful movement of the body allowing the head and neck to essentially get whipped as it tries to stay with the body. This traumatic action damages the soft connective tissues of the neck, producing tearing of the tendons, ligaments, and muscles.

Purpose of the treatment:

relieve pain, increase mobility

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, light prs. Local painful points	2 J/point	100 mW	3-6 points	1	2	P1	T2	1
Trigger points	Contact, firm prs. TPs for affected muscles	6 J/point	225 mW	3-6 points	1	6	P2	T1	3

Treatment frequency: 1-2 times per week

No. of treatments in total, typically: 10-12

Remarks: Whiplash is often difficult to treat with traditional methods, because the area is very painful. Laser therapy - which in itself is painless - softens tensed muscles, relieves pain and increases tolerance to other treatment.



Arthritis, osteo-

Osteoarthritis

Osteoarthritis is inflammation of the joints caused by breakdown of the cartilage due to wear and tear.

Purpose of the treatment:

relieve pain and inflammation, increase mobility and accelerate healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, light prs. Local painful points	10 J/point	500 mW	6-8 points	2	2	P3	T2	1
Trigger points	Contact, firm prs. TPs for affected muscles	10 J/point	500 mW	3-6 points	2	2	P3	T2	1
Local points	Contact, light prs. Directly at affected joints	4 J/point	225 mW	16-20 points	1	1	P2	T2	1

Treatment frequency: 2-3 times per week

No. of treatments in total, typically: 12-16

Reactions: Increased pain in the beginning. This is a positive sign.



Acne

Acne vulgaris

Acne is an inflammatory disease of the oil glands, mainly located on the face, chest, back, and upper arms.

Purpose of the treatment:

reduce the acne, heal the wounds

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	Contact, light prs. Directly over the acne	10 J/point	500 mW	16-20 points	2	2	P3	T2	1
Local area	1", sweep Directly over the acne	10 J/cm2	500 mW	16-20 cm2	2	2	P3	T2	1

Treatment frequency: 2-3 times per week

No. of treatments in total, typically: 12-16



Breast nipples, feeding-induced wounds

Purpose of the treatment:

heal the wounds

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/cm ²	P-prg.	T-prg.	Beep/cm ²
Local area	1", sweep Directly over the wounds	10 J/cm ²	500 mW	10-12 cm ²	2	2	P3	T2	1

Treatment frequency: 1 time per day

No. of treatments in total, typically: 8-10



Eczema

Purpose of the treatment:

relieve pain, reduce eczema

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/cm ²	P-prg.	T-prg.	Beep/cm ²
Local area	1", sweep Over the affected area	10 J/cm ²	500 mW	10-50 cm ²	2	2	P3	T2	1

Treatment frequency: 3-5 times per week

No. of treatments in total, typically: 12-16



Herpes Simplex

Cold sore

Purpose of the treatment:

heal the wound

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/cm ²	P-prg.	T-prg.	Beep/cm ²
Local area	1", sweep Directly over the wounds	10 J/cm ²	500 mW	10-12 cm ²	2	2	P3	T2	1

Treatment frequency: 2 times per week

No. of treatments in total, typically: 1-2



Herpes Zoster

Shingles

A reactivation of the same Herpes virus that is responsible for chicken pox. This results in a painful blistering red rash that is confined to one side of the body.

Purpose of the treatment:

relieve pain, reduce eczema

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	Contact, firm prs. Around related spinal segment	10 J/point	500 mW	3-6 points	2	2	P3	T2	1
Local area	1", sweep Over the affected area	10 J/cm2	500 mW	20-80 cm2	2	2	P3	T2	1

Treatment frequency: 2-3 times per week

No. of treatments in total, typically: 6-8

Remarks: A Herpes Zoster attack spreads out over the dermatome related to the affected spinal segment



Wounds

Leg ulcers, Bed sores, After surgery

Purpose of the treatment:

heal the wound

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	Contact, light prs.	10 J/point	500 mW	20-80 points	2	2	P3	T2	1
	Along wound edge, outside the wound								
Local area	1", sweep	10 J/cm2	500 mW	20-80 cm2	2	2	P3	T2	1
	Directly over the wounds								

Treatment frequency: 1 time per day

No. of treatments in total, typically: 16-20



Scar tissue

Purpose of the treatment:

reduce pain, swelling and discoloring

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	Contact, firm prs.	10 J/point	500 mW	10-50 points	2	2	P3	T2	1
	Along the scar, on both sides								
Local area	1", sweep	10 J/cm2	500 mW	10-50 cm2	2	2	P3	T2	1
	Directly over the scar								

Treatment frequency: 3-5 times per week

No. of treatments in total, typically: 8-10



Sinusitis

Purpose of the treatment:

relieve pain and inflammation, enhance breathing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, firm prs.	10 J/point	500 mW	6-8 points	2	2	P3	T2	1
	Local painful points								

Treatment frequency: 2-3 times per week

No. of treatments in total, typically: 4-6



Burns

Purpose of the treatment:

relieve pain and accelerate healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/cm2	P-prg.	T-prg.	Beep/cm2
Local points	1", sweep Directly over the wounds	10 J/cm2	500 mW	20-80 cm2	2	2	P3	T2	1

Treatment frequency: 1-2 times per week

No. of treatments in total, typically: 1-2

Remarks: The pain disappears and the blister is drained, typically within 1-2 hours.



Lipoma

Purpose of the treatment:

remove the knot

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	Contact, firm prs. Directly on the lipoma	10 J/point	500 mW	3-6 points	2	2	P3	T2	1

Treatment frequency: 3-5 times per week

No. of treatments in total, typically: 8-10



Bone healing

Purpose of the treatment:

heal the fracture

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	Contact, light prs. Directly at the fracture	10 J/point	500 mW	3-6 points	2	2	P3	T2	1

Treatment frequency: 1 time per day

No. of treatments in total, typically: 12-16

Remarks: The laser beam cannot penetrate the cast, therefore this has to be removed prior to the treatment (and put back again after treatment). Alternatively, the cast can be laid in a manner that leaves an opening for applying the laser therapy.



Ganglion

Tendon knot

Purpose of the treatment:

remove the knot

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	Contact, firm prs. Directly on tendon knot	10 J/point	500 mW	2-4 points	2	2	P3	T2	1

Treatment frequency: 2-3 times per week

No. of treatments in total, typically: 10-12



Warts

corn

Purpose of the treatment:

irradiate the wart

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	1 cm, focal point Focal point at the wart surface	10 J/point	500 mW	1-2 points	2	2	P3	T2	1

Treatment frequency: 2-3 times per week

No. of treatments in total, typically: 2-3

Remarks: This will burn the surface of the wart, while at the same time apply biostimulating laser therapy to the deeper lying structures, thereby enhancing the immune system to fight off the virus.



Ingrowth of implants

Purpose of the treatment:

stimulate and promote ingrowth

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	Contact, firm prs. On gum tissue over the root	10 J/point	500 mW	6-8 points	2	2	P3	T2	1

Treatment frequency: 2-3 times per week

No. of treatments in total, typically: 4-6



TMJ syndrome

Purpose of the treatment:

normalize muscle tonus, relieve pain

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	Contact, light prs.	10 J/point	500 mW	2-4 points	2	2	P3	T2	1
	Local painful points								
Trigger points	Contact, light prs.	10 J/point	500 mW	2-4 points	2	2	P3	T2	1
	TPs for affected muscles								

Treatment frequency: 1 times per week

No. of treatments in total, typically: 1-2



Paorodontosis

Purpose of the treatment:

increase bloodflow, vitalize tissue

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/cm ²	P-prg.	T-prg.	Beep/cm ²
Local area	0-½", sweep Over the affected area	10 J/cm ²	500 mW	pr cm ² cm ²	2	2	P3	T2	1

Treatment frequency: 1-2 times per week

No. of treatments in total, typically: 8-10



Root tip infection

Purpose of the treatment:

fight infection and promote healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	Contact, light prs. On gum tissue over the root	10 J/point	500 mW	2-4 points	2	2	P3	T2	1

Treatment frequency: 2-3 times per week

No. of treatments in total, typically: 4-6



Tooth extraction

Purpose of the treatment:

stop bleeding, relieve pain and inflammation, accelerate healing

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Local points	Contact, light prs. On gum tissue over the root	6 J/point	300 mW	3-6 points	1	6	P2	T1	3

Treatment frequency: 1-2 times per week

No. of treatments in total, typically: 1-2



Hypersensitive tooth necks

Purpose of the treatment:

desensitize tooth

The treatment

Category	Distance	Dosage	Max power	Typical dose	PL Basic		PL PRO		
					Prg.	Beep/point	P-prg.	T-prg.	Beep/point
Tender points	0-½", sweep Over the affected area	1 J/point	100 mW	2-4 points	1	1	P1	T1	1

Treatment frequency: 1-2 times per week

No. of treatments in total, typically: 4-6

