

LASER THERAPY DOSING GUIDE

Area of Treatment	Points (per area)	Joules (per point)	Treatment Time (per point)	Total Treatment Time (Approximate)
Cervical spine	4–12	16	10–15 seconds per treatment point	40 sec – 3 min
Thoracic spine	4–12	16	10–15 seconds per treatment point	40 sec – 3 min
Lumbar spine	4–8	16	10–15 seconds per treatment point	40 sec – 2 min
Sacroiliac joints (each)	2–4	12	10–15 seconds per treatment point	20 sec – 1 min
Shoulders (each)	2–4	12	10–15 seconds per treatment point	20 sec – 1 min
Elbows (each)	2–4	8	10–15 seconds per treatment point	20 sec – 1 min
Wrist/Hand (each)	2–4	8	10–15 seconds per treatment point	20 sec – 1 min
Hips (each)	2–4	12	10–15 seconds per treatment point	20 sec – 1 min
Knees (each)	2–4	12	10–15 seconds per treatment point	20 sec – 1 min
Ankles/Feet (each)	2–4	8	10–15 seconds per treatment point	20 sec – 1 min

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 $\pm 50\%$ 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.

Revised April 2010 – World Association of Laser Therapy