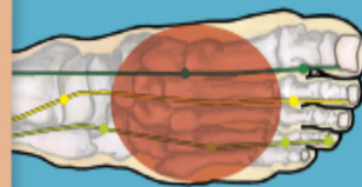
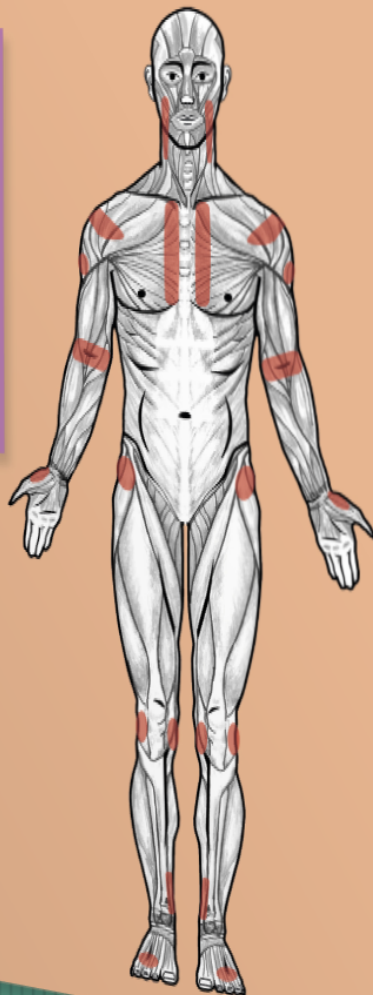


LASER THERAPY AND LASER PUNCTURE

TREATMENT TABLES



ANJA FÜCHTENBUSCH
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
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Pre- and postoperative wound care

Postoperative lymphatic edema

An obstruction of the lymph flow after surgery may cause a regional, colourless, doughy and painless edema.

Therapy plan

| | Treat. total | Treat./ week | Dose J/cm ² |  | | Laser puncture* |
|-------------------------------|--------------|--------------|------------------------|--|--|-----------------------|
| | | | | 25mW  | 50mW  | |
| Postoperative lymphatic edema | 10-20 | 2-3 | 2-6 | 3:20-10:00 | 1:20-4:00 | localization specific |

*  Treatment basics – therapy time, frequency and extent – point therapy

Area therapy of the regional lymph vessels

Prior to local treatment, the regional lymph vessels must be activated:

| |  |  |
|---------------------------------|--|--|
| • Throat and neck | 1:40-3:20 min | 1:00-1:40 min |
| • Armpit | 1:40-2:30 min | 1:00-1:20 min |
| • Groin region | 1:40-2:30 min | 1:00-1:20 min |
| • Back of knee | 1:40-2:30 min | 1:00-1:20 min |
| • Inside of lower and upper arm | 1:40-3:20 min | 1:00-1:40 min |
| • Inside of lower and upper leg | 2:30-3:20 min | 1:00-1:40 min |

Local area therapy

Local irradiation of the lymphatic edema must always include the draining lymph vessels



Laser puncture The selection of the acupuncture points depends on the location of the lymphatic edema, e.g:

- Upper extremity: BL 39, BL 56, TH 02, GB 21, GB 22, GB 40, PC 01, PC 07
- Lower extremity: BL 40, BL 60, BL 67, GB 40, ST 35, ST 41, SP 09, SP 11


Effectiveness

Laser therapy improves microcirculation in the wound region, activates the lymphatic system and intensifies the effects of manual lymph drainage.

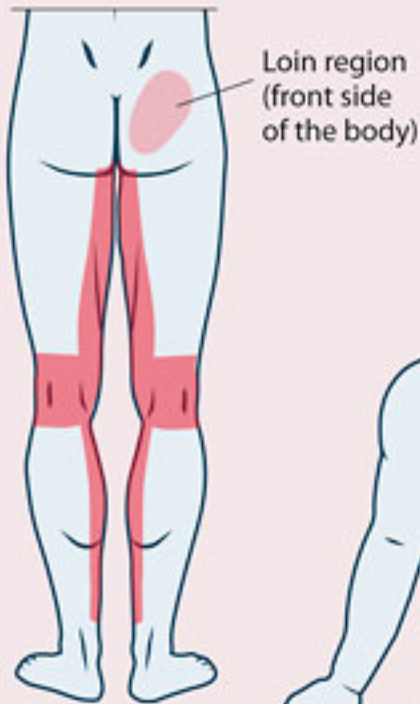
The best results are obtained with a combination therapy of lymph drainage and laser therapy or laser puncture and laser therapy.

The extent of the treatment orients itself along the intensity, size and duration of existence of an edema. Chronic edemas are more difficult to influence than those which occur acutely.

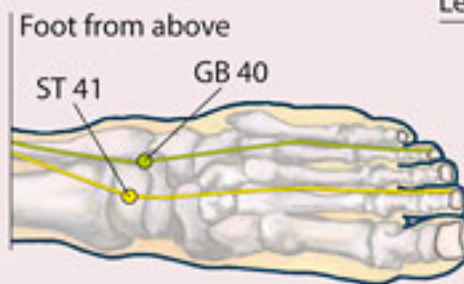
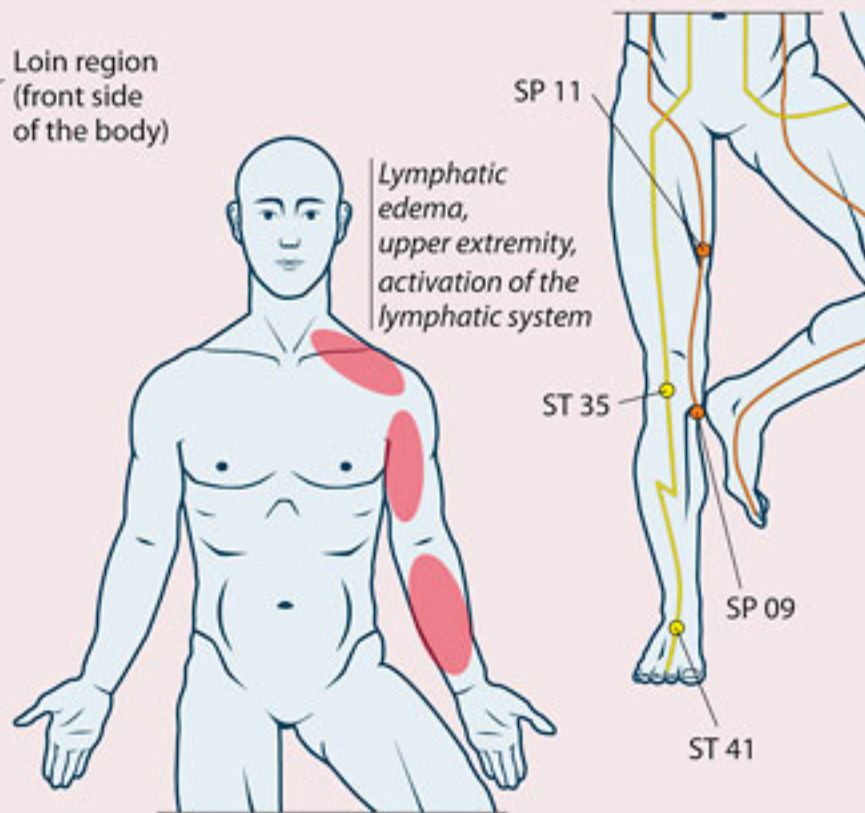
Additional measures

 Lymph drainage

Lymphatic edema, lower extremity, activation of the lymphatic system



Postoperative lymphatic edema, lower extremity



Leg, inner side



- | | | | |
|--|-----------------|--|---------------------|
| | Stomach | | Triple Heater |
| | Spleen | | Heart |
| | Kidney | | Small Intestine |
| | Urinary Bladder | | Conceptional Vessel |
| | Liver | | Lung |
| | Gallbladder | | Large Intestine |
| | Pericardium | | Gouverneur's Vessel |

Therapy tables

Traumatic distal neuropathy

Traumatic peripheral neuropathies arise from external damage to the axons or their myelin sheaths. If the neuropathy mainly affects sensory nerve fibers, it may cause numbness, tingling and sensations of cold and pain. Damage to motor fibers may cause muscle weakness and muscle wasting.

Therapy plan: Traumatic distal neuropathy

| Indication | Treat. total | Treat./ week | Dose J/cm ² | | | Laser puncture* |
|----------------------------|--------------|--------------|------------------------|-----------|-----------|-----------------------|
| | | | | 25mW | 50mW | |
| p. 108 Distal neuropathy** | 5-15 | 7 (min. 2-3) | 2-5 | 1:20-3:20 | 0:40-1:40 | localization specific |

* Treatment basics – therapy time, frequency and extent – point therapy

** of the n. thoracicus longus, n. axillaris, n. suprascapularis, n. subscapularis, n. musculocutaneus, n. radialis, n. medianus, n. ulnaris, n. femoralis, ni. perineales, n. peroneus, n. tibialis

Distal polyneuropathy

Therapy plan: Distal polyneuropathy

| Indication | Treat. total | Treat./ week | Dose J/cm ² | | | Laser puncture* |
|---|--------------|--------------|------------------------|-----------|-----------|--|
| | | | | 25mW | 50mW | |
| Distal polyneuropathy (upper extremity) | up to 20 | 2 | 4 | 2:40 | 1:20 | LI 04, LI 08, LI 10, SI 04, SI 05, TH 05, TH 14 |
| Distal polyneuropathy (lower extremity) | up to 20 | 2 | 4 | 2:40 | 1:20 | BL 38, BL 57, BL 61, BL 64, GB 34, GB 67, ST 31, ST 34 |
| Facial nerve palsy | 10-15 | daily | 3 | 2:00 | 1:00 | BL 02, LI 02, LI 20, SI 19, TH 05, GB 02, ST 01, ST 44 |
| Monoparesis (upper extremity) | up to 20 | 2-3 | 4 | 2:40 | 1:20 | LI 04, LI 06, LI 09, LI 11, LI 12, LI 15, GV 20, ST 12 |
| Monoparesis (lower extremity) | up to 20 | 2-3 | 4 | 2:40 | 1:20 | BL 40, BL 57, BL 60, BL 61, GB 29, GB 31, GB 33, GB 34 |
| Multiple sclerosis | up to 20 | 2 | 5 | 3:20 | 1:40 | symptom referred |
| p. 110 Carpal tunnel syndrome | 10-15 | 2 | 3-4 | 2:00-2:40 | 1:00-1:20 | LI 05, HT 05, PC 04, PC 08, PC 09, LU 08, LU 09 |
| Tarsal tunnel syndrome | up to 10 | 2-3 | 3 | 2:00 | 1:00 | SP 02, SP 03, SP 04, SP 05, KI 01, KI 03, KI 07 |
| Lumbar pain | up to 10 | 2-3 | 5 | 3:20 | 4:20 | BL 23, BL 29, BL 36, BL 40, BL 56, SI 03, ST 36, SP 08 |
| p. 112 Lumbar sciatica | up to 15 | 2-3 | 4-6 | 2:40-4:00 | 1:20-2:00 | localization specific |

* Treatment basics – therapy time, frequency and extent – point therapy

Peripheral neuropathy: Disease or inflammation of peripheral nerves which is not caused by external damage. The many causes include metabolic disorders (diabetes mellitus etc.), dietary deficiencies, infectious diseases, exogenous toxic factors (alcohol etc.) or diseases of the endocrine system.

Nerve paralysis: Central or distal lesion of one or more nerves, causing paralysis. Low Level Laser therapy is applied only to distal lesions.

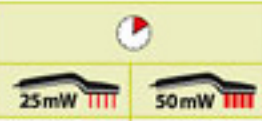
Compression neuralgia: Nerve disease resulting from compression of the nerve root or in the path of a nerve.

Neuralgia and Cephalgia

Neuralgia: Pain caused by irritation of, or damage to, a nerve. The pain usually occurs in brief bouts and is often felt shooting along the affected nerve.

Cephalgia: Headache may be felt all over the head or may occur only on one side, in the forehead or in the back of the neck. If the headache is caused by angiokinetic, posttraumatic or muscular conditions or if it results from spinal irritations, laser therapy may be effectively applied.

Therapy plan: Neuralgia and Cephalgia

| Indication | Treat. total | Treat./ week | Dose J/cm ² |  | | Laser puncture* |
|---------------------------|--------------|--------------|------------------------|--|-----------|--|
| | | | | 25mW | 50mW | |
| Zoster neuralgia | up to 20 | 3-4 | 3 | 2:00 | 1:00 | localization specific |
| Intercostal neuralgia | up to 10 | 2-3 | 4 | 2:40 | 1:20 | BL 42, BL 44, BL 45, SI 06, GB 24, GB 34, ST 18, SP 08 |
| Trigeminal neuralgia | 15-20 | 2-3 | 2-3 | 1:20-2:00 | 0:40-1:00 | localization specific |
| Faciocephalgia | 5-10 | 2 | 3 | 2:00 | 1:00 | localization specific |
| Cervicobrachial neuralgia | 10-15 | 2-3 | 3 | 2:00 | 1:00 | indication specific |
| Local head ache | up to 10 | 2-3 | 3 | 2:00 | 1:00 | localization specific |
| Migraine | 10-15 | 1-2 | 3-4 | 2:00-2:40 | 1:00-1:20 | GB 03, GB 04, GB 05, GB 06, GB 08, PC 06, GV 24, LU 07 + distal points |

* 4-8 Treatment basics – therapy time, frequency and extent – point therapy