

Red Light Therapy Patient Information

What is Red Light Therapy?

Red light therapy uses specific wavelengths of red and near-infrared (NIR/IR) light to penetrate the skin and underlying tissues, stimulating cellular energy production and improving circulation. This process helps reduce pain and inflammation, supports tissue healing, and promotes overall recovery and wellness. With red light, you can help your body heal and recover naturally!

It may help with:

- Pain & inflammation
- Muscle recovery
- Joint stiffness
- Skin health & collagen production
- Circulation
- Healing & recovery

How Often Should I Use It? Most patients feel their best using the bed 2–4 times per week. This allows the benefits to build and compound over time.

To Start: For faster results you can begin with 3–5 sessions per week for the first 4–6 weeks

To Continue: 2–3 sessions per week for maintenance

Note: You do NOT need frequent sessions to benefit. Even a single session can help. More frequent use simply allows results to build faster.

Many patients still benefit from occasional sessions, once per week, and as-needed use.

Safety and Depth of Penetration

- Unlike natural sun exposure, red light therapy does not contain harmful UV rays, making it safe for the skin.
 - Red light can penetrate up to 8-10mm, reaching the skin's dermal layer. Near-infrared light (NIR) can penetrate up to 25mm, potentially affecting muscle, bone, and deep tissues.
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Long-Term Wellness

Many patients include red light therapy in their routine for:

Pain Management - Reduction of pain and inflammation of muscles and joints

Increased Recovery Time - For anything from illness and injuries, flare-ups, athletic performance

Skin Health - Reduction of scars, acne, redness, UV damage, wrinkles + Improved collagen production

Circulation - Improved blood flow for better cardiovascular health

Neurological / Neuroprotective Benefits

General Wellness

Regular use helps the benefits continue to build over time.

Pricing and Options for Red Light Therapy

- \$25/session if done the same day as another service (i.e. chiropractic, massage, acupuncture, dry needling)
- \$30/session for a standalone visit without another service combined

Red Light Value Packages

- **Recovery Package** – 10 sessions for \$220
 - Short-term support for sprains, strains, inflammation, illness recovery, post-workout soreness, acute flare-ups and more.
 - Expires 60 days from date of purchase/signature
 - *Reduced cost to \$22/session when purchased as a package*
- **Performance Package** – 20 sessions for \$380
 - Ongoing wellness, athletic performance, injury prevention, chronic condition support, recovery optimization, overall health maintenance, and more.
 - Expires 120 days from date of purchase/signature
 - *Reduced cost to \$19/session when purchased as a package*

Our promise to you is that we will do everything in our power to earn your trust and exceed all of your expectations. If you have any specific questions or feedback, please don't hesitate to ask!

The Team at Thompson Chiropractic Clinic

Text or Call to Schedule: 763-972-3447
Book online: www.thompsonchiroclinic.com