

Therapy options with the TIMELAS vital area laser



Practical instructions

- Switch on the device by means of the main power supply and the key switch
- Mucous membranes need 50% of the dosage respectively half the time stated
- Children / session

Age	Max. energy	Time (contact)	Time (distance)
3 - 6 years	3 J	4 min	8 min
6 - 9 years	6 J	8 min	15 min
9 - 14 years	9 J	12 min	23 min

• Dosage

The therapy frequency depends on the indication. Acute diseases may be treated daily until there is an improvement. Then, therapy should be effected less frequent.

Chronic diseases are treated 1-2 times per week. Therapy intervals may be increased in case of an improvement.

Irradiation diameter in relation to the distance



Application examples

Epicondylitis



Gonarthrosis



Omarthrosis



Calcaneal spur

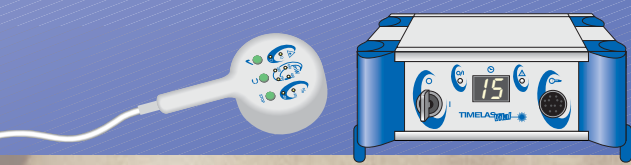


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Therapy options with the TIMELAS Vital — area laser



Bones and joints

Contact procedure	Energy	Time
<ul style="list-style-type: none"> Gonarthrosis Joint cavity, if possible in the center of the area probe 	320 - 640 mW (4 - 8 J/cm ²)	10 min
<ul style="list-style-type: none"> Shoulder pain 	320 - 640 mW (4 - 8 J/cm ²)	10 min
<ul style="list-style-type: none"> Tendinitis 	160 - 320 mW (2 - 4 J/cm ²)	10 min
<ul style="list-style-type: none"> Calcaneal spur Increase therapy duration to 13 minutes in case of resistance to therapy 	320 - 640 mW (4 - 8 J/cm ²)	10 min
<ul style="list-style-type: none"> Arthrosis Large joints Joint cavity, if possible in the center of the area probe 	320 - 640 mW (4 - 8 J/cm ²)	10 min
<ul style="list-style-type: none"> Arthrosis Small joints Joint cavity, if possible in the center of the area probe 	160 - 320 mW (2 - 4 J/cm ²)	10 min
<ul style="list-style-type: none"> Epicondylitis Chronic epicondylitis increasingly reacts with a primary worsening after the first therapy sessions, especially if anamnesis showed a therapy resistance. A careful approaching the desired therapy intensity is recommendable. 	160 - 320 mW (2 - 4 J/cm ²)	10 min

Wound healing

The effect of the laser seems to be most obvious during the first stages of the wound healing process. The worse the wound is healing, the bigger the laser effect is.

Laser application does not replace the regular wound toilet which needs to be continued. The cleaner the wound conditions are, the better the penetration depth of the laser is.

In case the wound is covered, the dosage needs to be increased. Wound edges and adjacent lymphatic nodes should be included into therapy. Burns may be treated with the Timelas Vital, too.

Distance procedure (10 cm)	Energy	Time
<ul style="list-style-type: none"> Follow-up treatment of surgical wounds 	160 - 480 mW (0,5 - 1,5 J/cm ²)	5 min
<ul style="list-style-type: none"> Ulcers 	160 - 320 mW (1 - 2 J/cm ²)	10 min
<ul style="list-style-type: none"> Poor wound healing 	160 - 320 mW (1 - 2 J/cm ²)	10 min

Contact procedure	Energy	Time
<ul style="list-style-type: none"> Hypertrophic scars 	160 - 320 mW (2 - 4 J/cm ²)	10 min

Pain therapy

Contact procedure	Energy	Time
<ul style="list-style-type: none"> Trigger points 	320 - 640 mW (4 - 8 J/cm ²)	10 min
<ul style="list-style-type: none"> Pain (superficial) 	160 - 320 mW (1 - 2 J/cm ²)	6 min
<ul style="list-style-type: none"> Pain (deep) Increase the treatment duration to 13 minutes in case of resistance to therapy 	320 - 640 mW (4 - 8 (10) J/cm ²)	10 min