DAHLIA HEALTH

PAIN
PrescriptiveTreatment™

Light Therapy
PAIN BENEFITS

Our Pain PTx™ offers a range of benefits for individuals seeking effective pain management:

SUPPORTS PAIN REDUCTION
Light therapy effectively reduces pain by targeting swelling and promoting the release of endorphins, the body's natural painkillers.[1,2,3,4,5,6,7,8,9,10,11,12,13,25]

SUPPORTS REDUCED SWELLING
Our Pain PTx™ helps to aid in reducing swelling, which is often the underlying cause of chronic pain.[3,25]

SUPPORTS FASTER RECOVERY
Light therapy accelerates the healing process by promoting cellular repair and regeneration, helping you recover more quickly from injuries and strains.[18,26]

NON-INVASIVE AND SAFE
Our light therapy offers a non-invasive alternative to traditional pain management methods, with no downtime or significant side effects.[25]

Ask your provider how to get started today.

BE ENLIGHTENED®

PAIN PrescriptiveTreatment™

DAHLIA HEALTH

PrescriptiveTreatments™ (PTx) from Dahlia Health's innovative light therapy system allows our clinic to target pain relief. The cutting edge Pain PTx™ harnesses the power of light to revolutionize the way we manage pain, offering a safe, effective and non-invasive solution.

Unlocking the Potential of Light Therapy

Light therapy, long recognized for its therapeutic benefits, has now emerged as a game-changer in pain management. By targeting intricate cellular processes, Dahlia's Pain PTx™ aims to alleviate pain, reduce swelling, and promote healing.[25] Light therapy has shown to reduce the swelling in the joint and thus reduce the pain. Clinical trials on knees[5-13, 27], shoulders[14,32], jaw[30,31], fingers/hands/wrists[14,34], back[29], elbows, neck[16,23] and ankles/feet/toes, have shown light therapy to be extremely effective.

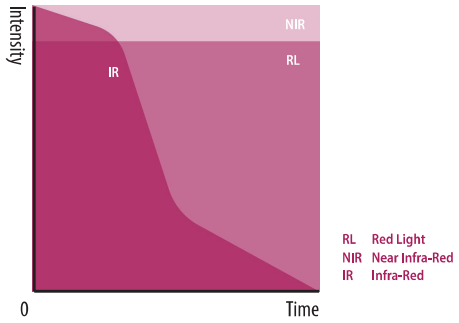
The Science Behind the Innovation

At the heart of our Pain PTx™ lies a deep understanding of the relationship between light and cellular function. By leveraging specific wavelengths of red light, near-infrared light, and infrared light, our therapy stimulates mitochondrial activity, enhances ATP production, and promotes cellular repair. This not only boosts overall health but also significantly aids in pain relief.

Key Benefits of the Protocol

Our Pain PTx™ offers a range of benefits for individuals seeking effective pain management:

- **Supports Pain Reduction:** Light therapy effectively reduces pain by targeting swelling and promoting the release of endorphins, the body's natural painkillers.[1,2,3,4,5,6,7,8,9,10,11,12,13,25]
- **Supports Faster Recovery:** Light therapy accelerates the healing process by promoting cellular repair and regeneration, helping you recover more quickly from injuries and strains.[18,26]
- **Supports Reduced Swelling:** Our Pain PTx™ helps to aid in reducing swelling, which is often the underlying cause of chronic pain.[3,25]
- **Non-Invasive and Safe:** Our light therapy offers a non-invasive alternative to traditional pain management methods, with no downtime or significant side effects.[25]



Dahlia's RL and NIR start the Pain PTx™, NIR and Red Light are the major players in this therapy. IR starts high to help boost circulation and tapers down to let the NIR continue its support at the cellular level. These wavelengths work together focusing on pain reduction and swelling management.

Optimizing Treatment for Maximum Results

Dahlia's Pain PTx™ incorporates the latest advancements in light therapy technology to ensure optimal treatment outcomes. By utilizing specific wavelengths and power densities, we ensure effective stimulation of pain-relieving processes. PrescriptiveTreatments™ offer flexibility, allowing individuals to customize their therapy to suit their lifestyle and specific health needs.

Join the Revolution

Experience Dahlia's Pain PTx™, a cutting-edge approach to pain management using advanced light therapy. Dahlia innovative technology personalizes treatment with unique sensors reacting to your body ensuring optimal results. Our light therapy offers a safe, effective, and non-invasive solution to restoring a pain free, active lifestyle. As a leader in light therapy, Dahlia Health combines scientific excellence and cutting-edge technology to enhance body composition and overall well-being.

References **1. Low level laser therapy for osteoarthritis and rheumatoid arthritis: a metaanalysis.** Brosseau et al. 2000. **2. Low level laser therapy (Classes I, II and III) for treating osteoarthritis.** Brosseau et al. 2004. **3. Effect of low-level laser therapy on the expression of inflammatory mediators and on neutrophils and macrophages in acute joint inflammation.** Alves et al. 2013. **4. Can osteoarthritis be treated with light?** Michael R Hamblin, 2013. **5. Effect of low-level laser therapy (904 nm) and static stretching in patients with knee osteoarthritis: a protocol of randomized controlled trial.** Ferreira de Meneses et al. 2015. **6. Does addition of low-level laser therapy (LLLT) in conservative care of knee arthritis successfully postpone the need for joint replacement?** Ip et al. 2015.**7. High-intensity versus low-level laser therapy in the treatment of patients with knee osteoarthritis: a randomized controlled trial.** Kheshie et al. 2014 **8. Short-term efficacy of physical interventions in osteoarthritic knee pain. A systematic review and meta-analysis of randomized placebo-controlled trials.** Bjordal et al. 2007. **9. Efficacy of low-level laser therapy applied at acupuncture points in knee osteoarthritis: a randomized double-blind comparative trial.** Al Rashoud et al. 2014. **10. Effect of low-level laser therapy in patients with chronic knee osteoarthritis: a single-blinded randomized clinical study.** Alghadir et al. 2014.**11. Influence of various laser therapy methods on knee joint pain and function in patients with knee osteoarthritis.** Gworys et al. 2012. **12. Efficacy of low level laser therapy associated with exercises in knee osteoarthritis: a randomized double-blind study.** Alfredo et al. 2012. **13. The effect of low-level laser in knee osteoarthritis: a double-blind, randomized, placebo-controlled trial.** Hegedus et al. 2009. **14. A systematic review of low level laser therapy with location-specific doses for pain from chronic joint disorders.** Bjordal et al. 2003.**15. Meta-Analysis of Pain Relief Effects by Laser Irradiation on Joint Areas.** Ho Jang et al. 2012.**16. Low Level Laser Therapy (LLLT) for Neck Pain: A Systematic Review and Meta-Regression.** Anita R Gross et al. 2013.**17. Reduction of IL-20 Expression in Rheumatoid Arthritis by Linear Polarized Infrared Light Irradiation.** Imaoka et al. 2014.**18. Treatment of Rheumatoid Arthritis with ATP.** Birger Carlström and Olle Lövgren. 1949. **19. Low-level laser therapy in different stages of rheumatoid arthritis: a histological study.** Alves et al. 2013. **20. Effects of low-level laser therapy at wavelengths of 660 and 808 nm in an experimental model of osteoarthritis.** da Rosa et al. 2012. **21. Photobiomodulation of pain and inflammation in microcrystalline arthropathies: experimental and clinical results.** Soriano et al. 2006. **22. Low-level laser therapy stimulates tissue repair and reduces the extracellular matrix degradation in rats with induced arthritis in the temporomandibular joint.** Lemos et al. 2016. **23. Efficacy of low-level laser therapy in the management of neck pain: a systematic review and meta-analysis of randomized placebo or active-treatment controlled trials.** Chow et al. 2009. **24. Rheumatoid arthritis and thyroid abnormalities.** Staykova. 2007.**25. Is light-emitting diode (LED) phototherapy really effective?** Laser Ther. 2011; 20(3): 205–215. Won-Serk Kim and R Glen Calderhead. **26. Effects of low-power light therapy on wound healing: LASER x LED.** An Bras Dermatol. 2014 Jul-Aug;89(4):616-23. Chaves ME et al., 2014. **27. Improvement of pain and disability in elderly patients with degenerative osteoarthritis of the knee treated with narrow-band light therapy.** Stelian et al. 1992. **28. In chronic low back pain, low level laser therapy combined with exercise is more beneficial than exercise alone in the long term: a randomized trial.** Djavid et al. 2007. **29. Laser therapy: a randomized, controlled trial of the effects of low-intensity Nd:YAG laser irradiation on musculoskeletal back pain.** Basford et al. 1999. **30. Evaluation of low-level laser therapy in the treatment of temporomandibular disorders.** Cetiner et al. 2006. **31. Laser Therapy efficacy in temporomandibular disorders: control study.** Santos Tde et al. 2010. **32. Low-power laser treatment in patients with frozen shoulder: preliminary results.** Stergioulas. 2008. **33. Exact action spectra for cellular responses relevant to phototherapy.** Karu et al. 2005. **34. Positive effects of low level laser therapy (LLLT) on Bouchard's and Heberden's osteoarthritis.** Baltzer et al. 2016