

## Additional Protocols Index

Acute Conditions-----	2
Arthritis-----	5
Arthrosis-----	5
Atrophy of Nerves-----	3
Bursa-----	2
Complications During Healing-----	1
Contusions of Nerves-----	3
Cysts-----	2
Dermatitis-----	1
Dislocations-----	6
Disorders of Bone-----	4
Disorders of Joints-----	5
Disorders of Muscles-----	2
Disorders of Nervous System-----	3
Disorders of the Vascular System-----	6
Eczema-----	1
Edema-----	2
Epicondylitis-----	6
Exuberant Granulation-----	2
Fissures-----	5
Fistulas-----	2
Fractures-----	5
Hematoma-----	6
Lack of Granulation Tissue Formation-----	1
Lack of Healing-----	1
Lymphadenitis-----	7
Lymphangitis-----	7
Muscle Atrophy-----	3
Muscle Contractures-----	3
Muscle Contusions-----	2
Muscle Ruptures-----	2
Myositis-----	2
Neuralgia-----	3
Neurectasis-----	3
Neuritis-----	3
Neurotmesis-----	3
Open Wounds-----	1
Other Skin Diseases-----	2
Paralysis-----	4
Paresis-----	4
Periostitis-----	4
Phlebitis-----	7
Postoperative LLLT-----	7
Prolapsed Disc-----	4
Scar Tissue Contracture-----	2
Skin, Subcutaneous Tissue and Mucous Membranes-----	1
Spondylitis-----	4
Spondylosis-----	4
Sprains-----	5
Strains-----	5
Tendon Contusions-----	6
Tendon Ruptures/Following Surgery-----	6
Tendons-----	6
Tendon Strains-----	6
Tendonitis-----	6
Tissue Infiltration After Injection-----	6

## TREATMENT PROTOCOL FOR SPECIFIC TISSUES

(A description of LLLT treatment for each tissue type follows, illustrated with specific conditions.)

### **Skin, Subcutaneous Tissue, and Mucous Membranes**

<b>Condition:</b>	<b>Open Wounds</b>
Dosage Per Point:	1 J/sq. cm
Number of Points:	Depends on treatment area
Point Spacing:	1 cm into normal tissue around the wound
Treatment Interval:	Once a week during the first two weeks, then 2-3 times weekly
Total Number of Treatments:	To resolution of the condition or 45 days, whichever comes first
Comments:	

<b>Disease:</b>	<b>Dermatitis</b>
Dosage Per Point:	0.5-1.0 J/sq. cm
Number of Points:	Depends on treatment area
Point Spacing:	Every 6 sq. cm
Treatment Interval:	Everyday or every other day
Total Number of Treatments:	2-8
Comments:	A temporary exacerbation of the symptoms is often seen after the first treatment.

<b>Disease:</b>	<b>Eczema</b>
Dosage Per Point:	0.5-1.0 J/sq. cm
Number of Points:	Depends on treatment area
Point Spacing:	Every 6 sq. cm
Treatment Interval:	Every other day
Total Number of Treatments:	4-8
Comments:	LLLT for skin disease may result in an increase of pain due to the pressure of the laser probe. However, treatment can be carried out as Distance Laser Treatment, meaning that the convex lens is held 1-2 mm above the area of skin affected. Contact can be increased by using a contact medium.

### **Complications During Healing**

<b>Complication:</b>	<b>Lack of healing/Lack of granulation tissue formation</b>
Dosage Per Point:	0.5-2.0 J/sq. cm
Number of Points:	Depends on treatment area
Point Spacing:	Every 6 sq. cm
Treatment Interval:	Daily for 5 days, then twice a week, if necessary
Total Number of Treatments:	> 4 times
Comments:	Insufficiently granulating wounds may require longer treatment period.

<b>Complication:</b>	<b>Scar Tissue Contracture/Exuberant granulation</b>
Dosage Per Point:	1.0-1.5 J
Number of Points:	Depends on treatment area
Point Spacing:	10-15 mm
Treatment Interval:	Every other day in the first week, then twice a week
Total Number of Treatments:	> 4 times
Comments:	LLLT alone is not recommended for over granulating tissue, but should be done postoperatively.

### Other Skin Diseases

<b>Disease:</b>	<b>Fistulas</b>
Dosage Per Point:	2-4 J depending on depth of probing
Number of Points:	1 per fistula
Point Spacing:	1 per fistula
Treatment Interval:	Daily
Total Number of Treatments:	4-6
Comments:	The prognosis depends on causal factors. Where a foreign body is the cause, surgery is required. LLLT can be given postoperatively.

<b>Condition:</b>	<b>Edema/Cysts/Bursa</b>
Dosage Per Point:	1-2 J
Number of Points:	Depends on treatment area
Point Spacing:	Every 6 sq. cm
Treatment Interval:	Daily
Total Number of Treatments:	Edema/Bursa: 2-4 days
Comments:	The effect of producing an increase in fluid drainage is due to the biological increase of the microcirculation by the laser energy. This effect is seen at an early stage of the treatment so that edema or a bursa may disappear within 2-4 days.

### Disorders of Muscles/Acute Conditions

<b>Condition:</b>	<b>Myositis/Muscle Contusions/Muscle Ruptures</b>
Dosage Per Point:	2-4 J
Number of Points:	Depends on treatment area
Point Spacing:	1 cm into normal tissue, depending on palpation findings.
Treatment Interval:	Daily for the first 4 days, then 2-3 times a week, if necessary
Total Number of Treatments:	Myositis: 4-6, Muscle Contusions: 4-8
Comments:	In the case of myositis, an exacerbation of symptoms is often felt after the first 2-3 treatments. This is temporary. If necessary, the dosage should be decreased or treatment should be given every second day instead of every day.

<b>Condition:</b>	<b>Muscle Atrophy/Muscle Contractures</b>
Dosage Per Point:	4-7 J
Number of Points:	Depends on treatment area
Point Spacing:	1 cm into normal tissue
Treatment Interval:	2-3 times a week, depending on the reaction pattern (see this section)
Total Number of Treatments:	6 weeks, give maintenance treatments
Comments:	The prognosis depends on circumstances, which should be identified.

### Disorders of the Nervous System

Generally, it can be stated that incomplete nerve lesions have a reasonably good prognosis. Complete lesions will require surgery, and LLLT can be given postoperatively.

LLLT for neural conditions produces:

- Pain relief
- An increase of action potential
- An increase of the microcirculation
- An increase in the regeneration of tissues

<b>Condition:</b>	<b>Neuritis/Neuralgia/Neurotmesis</b>
Dosage Per Point:	1-2 J
Number of Points:	Depends on the extent of the problem
Point Spacing:	Every 6 sq. cm
Treatment Interval:	1-2 times a week, depending on the reaction pattern
Total Number of Treatments:	4-10
Comments:	When considering ruptured nerve treatment, LLLT is given postoperatively.

<b>Condition:</b>	<b>Contusions of Nerves/Neurectasis</b>
Dosage Per Point:	2-4 J
Number of Points:	Depends on the extent of the problem
Point Spacing:	Every 6 sq. cm
Treatment Interval:	2-3 times a week
Total Number of Treatments:	1-4
Comments:	Incomplete nerve lesions without tissue necrosis should be treated soon after injury.

<b>Condition:</b>	<b>Atrophy of Nerves</b>
Dosage Per Point:	3-5 J
Number of Points:	Depends on the extent of atrophy
Point Spacing:	Every 6 sq. cm
Treatment Interval:	2-3 times a week
Total Number of Treatments:	6 weeks or longer
Comments:	The cause should be identified and corrected

<b>Condition:</b>	<b>Paresis/Paralysis</b>
Dosage Per Point:	1-4 J
Number of Points:	Depends on the extent of the problem
Point Spacing:	Every 6 sq. cm
Treatment Interval:	Daily for the first 4 days, then twice a week
Total Number of Treatments:	From 4 days to 2 weeks (If effective, treatment can be continued over a long period, up to 3 months.)
Comments:	The cause should be identified and corrected

<b>Condition:</b>	<b>Prolapsed Disc</b>
Dosage Per Point:	1-4 J
Number of Points:	Depends on the extent of the problem. Lumbar disc lesions should be treated bilaterally and symmetrically. Cervical disc lesions should be treated in the midline and along the base of the skull.
Point Spacing:	Every 6 sq. cm
Treatment Interval:	Daily for the first 4 days, then 2-3 times a week for up to 6 weeks
Total Number of Treatments:	Postoperatively: 4-6 days LLLT alone: 4-14 days (where there is an improvement, continue therapy for up to 6 weeks.)
Comments:	LLLT of the spinal cord in the lumbar region is hampered by the vertebrae, through which laser energy does not penetrate. The secondary myogenic changes in the erector spinae are treated with 3-4 J per point.

### Disorders of Bone

<b>Disease:</b>	<b>Spondylitis/Periostitis</b>
Dosage Per Point:	3-4 J
Number of Points:	Depends on treatment area
Point Spacing:	Every 6 sq. cm, depending on the palpation findings
Treatment Interval:	2-3 times a week
Total Number of Treatments:	4-8 initially (continue for up to 6 weeks if improvement is seen)
Comments:	

<b>Disease:</b>	<b>Spondylosis</b>
Dosage Per Point:	3-4 J
Number of Points:	Depends on treatment area
Point Spacing:	Every 6 sq. cm, depending on the palpation findings
Treatment Interval:	2-3 times a week for up to 6 weeks
Total Number of Treatments:	Recurrence should be expected; however, it is important to increase the interval between each treatment session.
Comments:	

<b>Disease:</b>	<b>Fissures/Fractures</b>
Dosage Per Point:	2-6 J
Number of Points:	Depends on treatment area
Point Spacing:	Every 6 sq. cm
Treatment Interval:	Daily for 4 days, then every third day
Total Number of Treatments:	4-10
Comments:	LLLT can be used postoperatively following internal or external fixation and/or osteotomies. Also consider treating cases of non-union fractures and pseudoarthroses (5-8 J) following surgery and/or fixation.

### Disorders of Joints

<b>Disease:</b>	<b>Arthritis</b>
Dosage Per Point:	2-4 J
Number of Points:	2-6 points, depending on the size of the joint
Point Spacing:	Every 6 sq. cm depending on the palpation findings and the amount of edema
Treatment Interval:	2-3 times a week for up to 6 weeks
Total Number of Treatments:	PRN until ROM increases and swelling decreases
Comments:	Inflammatory symptoms may be temporarily exacerbated after the first treatment.

<b>Disease:</b>	<b>Arthrosis</b>
Dosage Per Point:	3-6 J, depending on the size of the joint.
Number of Points:	Depends on the size of the joint, palpation findings, and mobility.
Point Spacing:	Variable
Treatment Interval:	2-3 times a week
Total Number of Treatments:	4-10
Comments:	Not all arthroses respond to LLLT. If there is no effect after 4 treatments, increase the dosage by 25-50%. If there is still no effect, discontinue treatment with LLLT.

<b>Disorder:</b>	<b>Strains and Sprains</b>
Dosage Per Point:	2-4 J
Number of Points:	2-4 points, depending on the size of the joint
Point Spacing:	Every 6 sq. cm
Treatment Interval:	Daily for 4 days, then every second/third day
Total Number of Treatments:	4-8
Comments:	Edema reduction is the market of effect. Continue treatment schedule 2 sessions beyond disappearance of edema.

<b>Disorder:</b>	<b>Dislocations</b>
Dosage Per Point:	4-6 J
Number of Points:	2-6 points, depending on the size of the joint
Point Spacing:	15 mm
Treatment Interval:	Daily for 4 days, then 2-3 times a week
Total Number of Treatments:	4-10
Comments:	Total or partial injury of joint capsule and ligaments (including collateral ligaments and cruciate ligaments) is often seen. Treat directly over the insertion points of the ligaments.

### Tendons

<b>Condition:</b>	<b>Tendonitis/Epicondylitis</b>
Dosage Per Point:	1-4 J
Number of Points:	Depends on treatment area
Point Spacing:	Every 6 sq. cm, depending on palpation tenderness
Treatment Interval:	2-3 times per week
Total Number of Treatments:	2-4 weeks
Comments:	Dosage is doubled after 2-3 treatments

<b>Condition:</b>	<b>Tendon Strains and Contusions</b>
Dosage Per Point:	2-4 J
Number of Points:	Depends on treatment area
Point Spacing:	Every 6 sq. cm
Treatment Interval:	Daily
Total Number of Treatments:	4-10
Comments:	

<b>Condition:</b>	<b>Tendon Ruptures/Following Surgery</b>
Dosage Per Point:	2-4 J
Number of Points:	2-3 points, depending on the lesion
Point Spacing:	Every 6 sq. cm, depending on the lesion
Treatment Interval:	Daily
Total Number of Treatments:	4
Comments:	

### Disorders of the Vascular System

<b>Condition:</b>	<b>Hematoma/Tissue Infiltration After Injection</b>
Dosage Per Point:	1-2 J
Number of Points:	Depends on treatment area
Point Spacing:	Every 6 sq. cm
Treatment Interval:	Daily
Total Number of Treatments:	2-4
Comments:	

<b>Disease:</b>	<b>Phlebitis/Lymphangitis/Lymphadenitis</b>
Dosage Per Point:	1-2 J
Number of Points:	Depends on the extent of the inflammation
Point Spacing:	Every 6 sq. cm
Treatment Interval:	Daily
Total Number of Treatments:	2-4
Comments:	

### Postoperative LLLT

Dosage Per Point:	1-6 J, depending on tissue structures to be treated
Number of Points:	Depends on treatment area
Point Spacing:	Every 6 sq. cm
Treatment Interval:	Daily
Total Number of Treatments:	4
Comments:	

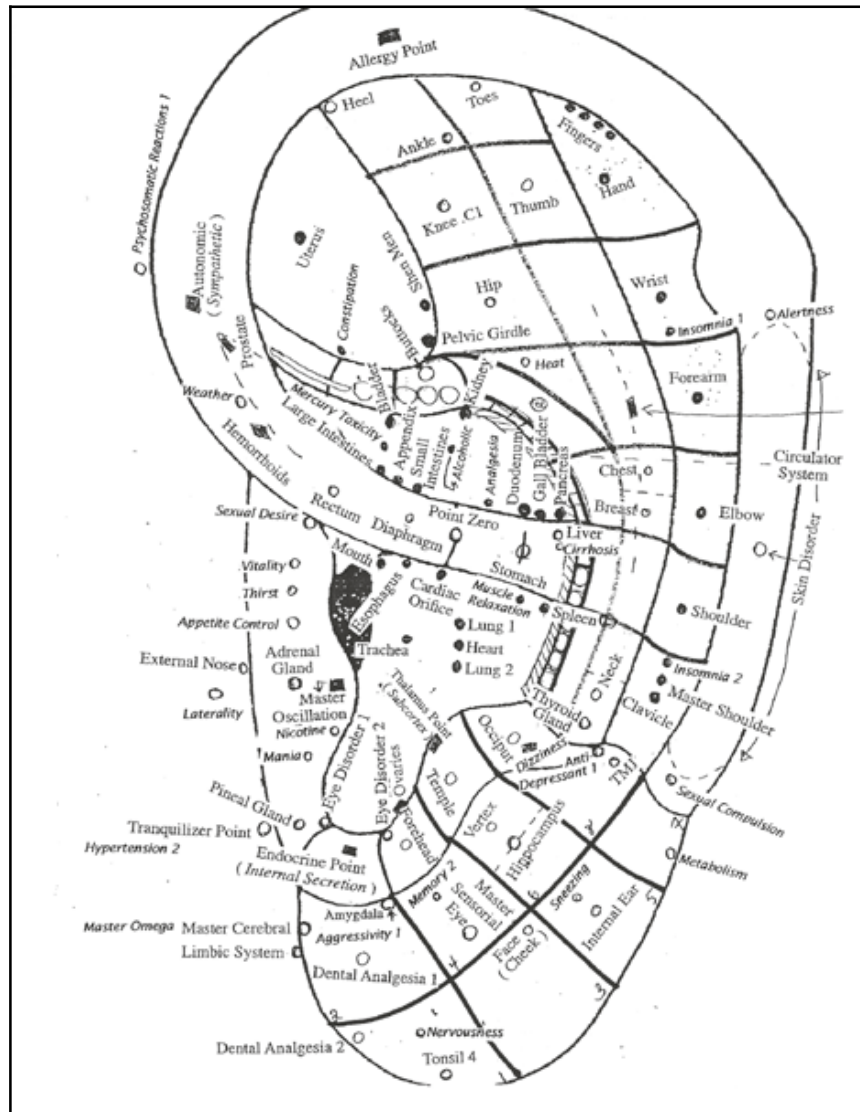


# Smoking Cessation Program

## ACUPUNCTURE THERAPY FOR SMOKING CESSATION

This approach to the treatment of smoking addiction utilizes laser acupuncture at specific locations as one of the tools in our comprehensive treatment program. The placement of the laser probe is determined by the documented successful use of auricular and other body point acupuncture locations to effect physiological response.

### AURICULAR ACUPUNCTURE POINTS





## Auricular Acupuncture Treatments (NADA & ACACD)

### Acupuncture for Addiction and Detoxification

The National Acupuncture Detoxification Association auricular acupuncture protocol is used around the world to help people deal with and recover from substance abuse. The NADA protocol has been shown in a variety of clinical settings to be beneficial in the process of detoxification from substance abuse as well as to help with the emotional, physical and psychological attributes involved in addictions.

The detoxification protocols, in contrast with much of Chinese medicine, involve no diagnosis and are usually not modified in any way. Due to the fixed nature of the protocol, many localities allow non-acupuncturists to administer the auricular acupuncture treatments.

Generally speaking, the protocol is usually administered on its own without the addition of other ear or body acupuncture points. The length of the treatment depends greatly on the setting in which it is administered and the status of the patient. In general, the needles are left in for 25 - 60 minutes.

The treatments listed below are used in many detoxification/rehabilitation facilities.

- **NADA Treatment Protocol**
- **ACACD Treatment Protocol**

#### National Acupuncture Detoxification Association (NADA) Treatment Protocol

What is the "NADA Protocol" (from the NADA website)

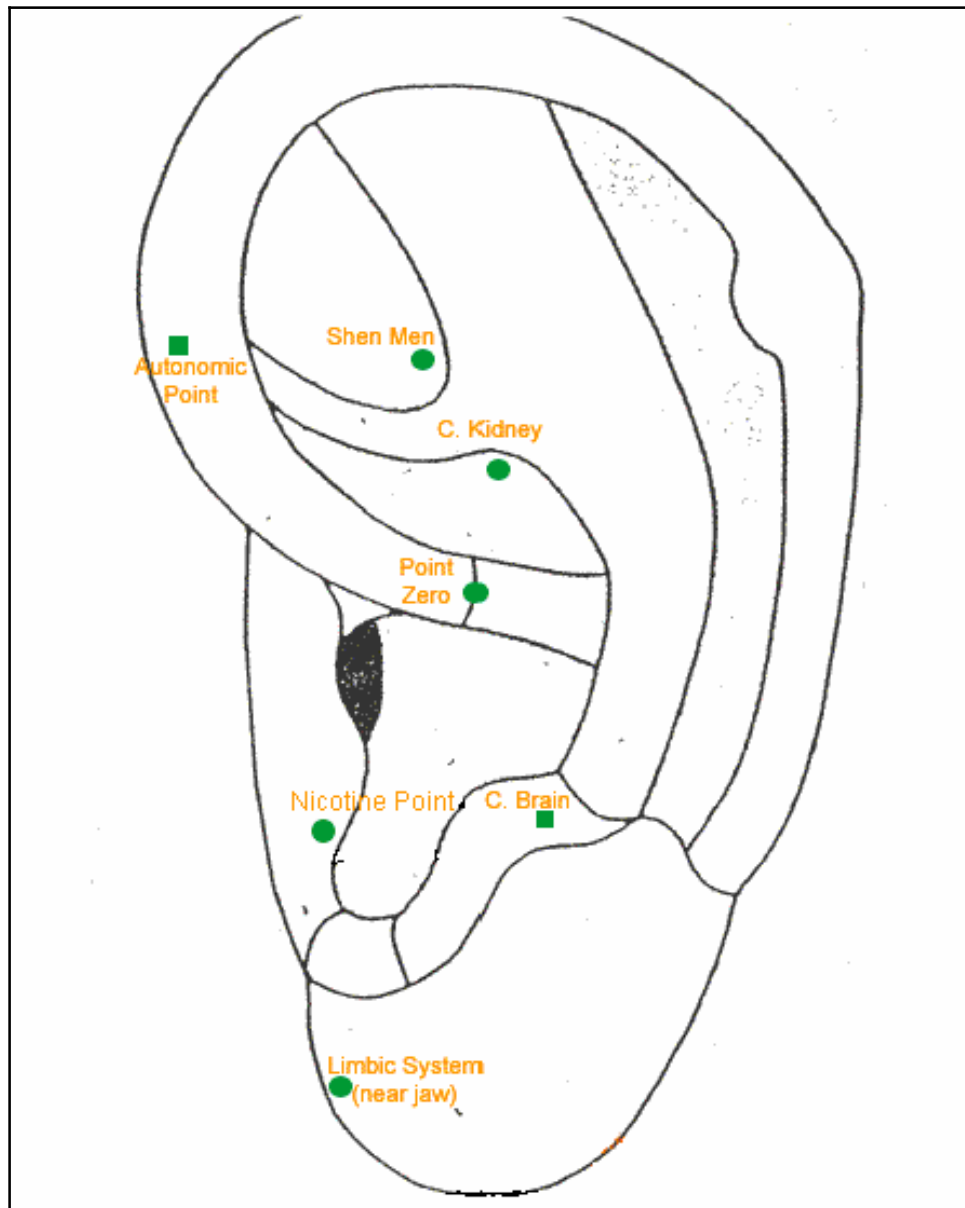
"At five designated earpoints in each auricle (outer ear), NADA-trained clinicians apply fine gauge, sterilized, one-time use stainless steel needles just under the skin, where they remain for up to an hour while the patient (in most circumstances) relaxes quietly in a comfortable chair. Ordinarily, groups of patients sit together while undergoing the treatment. The procedure functions as an adjunct to a comprehensive addiction treatment program offering the basic therapeutic elements of counseling, education, family involvement, mutual support group involvement, supportive health care of a general nature. Patients in all types of treatment settings including inpatient, outpatient, incarcerated, shelters, harm reduction and street outreach can utilize this treatment. Among the benefits reported by patients and clinicians are improved program retention, a more optimistic and cooperative attitude toward the process of recovery, as well as reductions in cravings, anxiety, sleep disturbance and need for pharmaceuticals."

- Lung 2 - addiction related lung issues
- Shen Men - stress, anxiety, excessive sensitivity
- Autonomic Point - balance sympathetic and parasympathetic nervous systems, blood circulation
- Liver - hepatitis, cirrhosis
- C. Kidney - kidney disorders, urination issues



## American College of Addictionology and Compulsive Disorders (ACACD) Treatment Protocol

- Point Zero - general homeostatic balance
- Shen Men - stress, anxiety, excessive sensitivity
- Autonomic Point - balance sympathetic and parasympathetic nervous systems, blood circulation
- C. Kidney - kidney disorders, urination issues
- Brain - pituitary gland, endocrine glands, addictions, sleep
- Limbic System - aggressiveness, compulsive behavior



The NADA protocol auricular points with the Nicotine point added.

