



Northeast  
EquiWellness

# Light Therapy Cheat Sheet



## Brilliant Bell Boot

### Hoof Abscesses

- Best Setting: Red + Near-Infrared (1 button press)
- Mode: Continuous for acute abscesses, Pulsed for chronic cases or deep-seated infections.
- Usage: Place the bell boot over the coronary band. Reduces inflammation, improves circulation, and encourages abscess drainage.
- Time: 15-20 minutes, 1-2x daily.

### Laminitis (Acute or Chronic)

- Best Setting: Near-Infrared Only (3 button presses)
- Mode: Pulsed for chronic laminitis, Continuous for acute flare-ups.
- Usage: Wrap around the hoof to stimulate blood flow, reduce inflammation, and relieve pain in the laminae.
- Time: 20-25 minutes, 1-2x daily.

### Navicular Syndrome

- Best Setting: Red + Near-Infrared (1 button press)
- Mode: Pulsed
- Usage: Position the bell boot to focus light on the heel area and the navicular bone region to manage inflammation and pain associated with navicular syndrome.
- Time: 20 minutes, 1-2x daily.

### Heel Bulb Injuries

- Best Setting: Red + Near-Infrared (1 button press)
- Mode: Continuous
- Usage: Position the boot to ensure coverage of the heel bulbs. The combined light reduces inflammation and accelerates healing.
- Time: 15-20 minutes, 1-2x daily.

### Preventive Hoof Health

- Best Setting: Red + Near-Infrared (1 button press)
- Mode: Continuous
- Usage: Apply periodically to aid circulation & promote healthy hoof growth.
- Time: 15 minutes, 2-3x weekly.