



Northeast
EquiWellness

Light Therapy Cheat Sheet



Hock Helper

Hock Arthritis

- Best Setting: Red + Near-Infrared (1 button press)
- Mode: Pulsed for chronic arthritis, Continuous for milder cases or maintenance.
- Usage: Wrap around the hock to reduce inflammation and relieve arthritis pain.
- Time: 20-25 minutes, 1-2x daily.

Hock Injuries (Sprains, Strains, or Tears)

- Best Setting: Red + Near-Infrared (1 button press)
- Mode: Continuous for acute injuries, Pulsed for chronic or deeper injury.
- Usage: Apply around the hock for tendon or ligament injuries, promoting tissue repair and reducing swelling.
- Time: 20-25 minutes, 2x daily.

Preventive Use for Joint Health

- Best Setting: Near-Infrared Only (3 button presses)
- Mode: Continuous
- Usage: Use regularly for horses with a history of hock issues or heavy workloads to maintain joint health.
- Time: 15 minutes, 2-3x weekly, or after heavy strain on hocks.

Wound Healing (Abrasions, Cuts, Superficial Wounds)

- Best Setting: Red Light Only (2 button presses)
- Mode: Continuous
- Usage: Place around the wound area to accelerate tissue repair, reduce inflammation, and promote faster healing.
- Time: 15 minutes, 1-2x daily, until the wound is healed or significantly improved.

Pre-Work Hock Warmup

- Best Setting: Red + Near-Infrared (1 button press)
- Mode: Continuous
- Usage: Use as a warmup before exercise to increase circulation and flexibility in the hock joint.
- Time: 10-15 minutes before work.