



Northeast
EquiWellness

Light Therapy Cheat Sheet



Illumiboot

Tendon or Suspensory Injuries

- Best Setting: Red + Near-Infrared (1 button press)
- Mode: Pulsed for chronic or deeper injuries, Continuous for acute inflammation.
- Usage: Wrap around the injured leg, covering the tendon or ligament.
- Time: 15-25 minutes, 2x daily.

Cellulitis or Swelling in the Lower Leg

- Best Setting: Red Light Only (2 button presses)
- Mode: Continuous
- Usage: Apply around swollen areas to reduce inflammation and promote lymphatic drainage.
- Time: 20-25 minutes, 2x daily.

Post-Exercise Recovery (Legs)

- Best Setting: Near-Infrared Only (3 button presses)
- Mode: Continuous for light recovery, Pulsed for deeper recovery after intense work.
- Usage: Use after exercise to fight fatigue and encourage soft tissue recovery.
- Time: 15 minutes post-exercise.

Wound Healing or Bruises

- Best Setting: Red Light Only (2 button presses)
- Mode: Continuous
- Usage: For minor wounds, apply the Illumiboot to accelerate healing and reduce inflammation.
- Time: 10-20 minutes, 1-2x daily.

Chronic Laminitis Support (Lower Limbs)

- Best Setting: Near-Infrared Only (3 button presses)
- Mode: Pulsed
- Usage: Use for horses with chronic laminitis to improve circulation and reduce inflammation in the lower limbs.
- Time: 20-25 minutes, daily or every other day.