Peer-Reviewed Research Demonstrating the Effectiveness of Light Therapy (Phototherapy)

	STUDY	LINK - (simply copy and paste for link)
1	Low-power phototherapy devices were first used as a form of therapy more than 30 years ago. More recent findings mandate the conclusion that phototherapy is highly effective for tissue repair and pain relief.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15345176&query_hl=10&itool=pubmed_DocSum
2	Phototherapy effectively relieves pain of various etiologies; making it a valuable addition to contemporary pain management armamentarium.	http://www.ncbi.nlm.nih.gov/pubmed/20842007
3	Phototherapy is a highly effective form of treatment for tissue repair.	http://www.ncbi.nlm.nih.gov/pubmed/19698019
4	Efficacy of phototherapy in the management of neck pain.	http://www.ncbi.nlm.nih.gov/pubmed/19913903
5	This study shows that phototherapy reduces pain after treatment in acute and chronic neck pain.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15389743&query_hl=18&itool=pubmed_DocSum
6	Phototherapy reduces pain immediately after treatment in acute neck pain and up to 22 weeks after completion of treatment in patients with chronic neck pain.	http://www.ncbi.nlm.nih.gov/pubmed/19913903?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=27
7	Analyzing the analgesic effect of phototherapy showing it as a treatment of myofascial pain syndrome.	http://www.ncbi.nlm.nih.gov/pubmed/19891258?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=34
8	Phototherapy for acute neck pain with radiculopathy: a double-blind placebo-controlled randomized study.	http://www.ncbi.nlm.nih.gov/pubmed/20704667
9	The results of this study show better improvement in acute LBP treated with Phototherapy.	http://www.ncbi.nlm.nih.gov/pubmed/20001318?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=2
10	Phototherapy seemed to be an effective method in reducing pain and functional disability in the therapy of chronic low back pain.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12605431&query_hl=18&itool=pubmed_DocSum
11	A practice-based study of patients with acute and chronic low back pain.	http://www.ncbi.nlm.nih.gov/pubmed/15129198?ordinalpos=31&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSu m
12	In chronic low back pain, phototherapy combined with exercise is more beneficial than exercise alone in the long term.	http://www.ncbi.nlm.nih.gov/pubmed/17725472?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubme d_RVDocSum
13	Comparison of 3 physical therapy modalities for acute pain in lumbar disc herniation measured by clinical evaluation and magnetic resonance imaging.	http://www.ncbi.nlm.nih.gov/pubmed/18394495?ordinalpos=36&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum

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14	Phototherapy can be beneficial for the reduction of postoperative trismus and swelling after third molar surgery.	http://www.ncbi.nlm.nih.gov/pubmed/19196113?ordinalpos=1&itool=EntrezSyst em2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubme d_RVDocSum
15	Phototherapy treatment can be considered a good tool to enhance the bone- implant interface in orthopedic surgery.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11831596&query_hl=10&itool=pub med_DocSum
16	In vitro Phototherapy can modulate the activity of cells and tissues surrounding implant material.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15621240&query_hl=18&itool=pub med_DocSum
17	In vitro Phototherapy enhances the attachment and proliferation of human gingival fibroblasts on titanium implant material.	http://www.ncbi.nlm.nih.gov/pubmed/15777326?ordinalpos=5&itool=EntrezSyst em2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubme d_RVDocSu
18	Findings indicated a beneficial effect of laser stimulation on wound healing.	http://www.ncbi.nlm.nih.gov/pubmed/20203347
19	Phototherapy applied after inguinal-hernia surgery was effective in preventing the formation of keloids. In addition, Phototherapy resulted in better scar appearance.	http://www.ncbi.nlm.nih.gov/pubmed/19821701?itool=EntrezSystem2.PEntrez.P ubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=62
20	Phototherapy promoted bone healing.	http://www.ncbi.nlm.nih.gov/pubmed/19860572?itool=EntrezSystem2.PEntrez.P
21	Phototherapy is an effective tool for promoting wound repair.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15315732&query_hl=10&itool=pub med_DocSum
22	Phototherapy can promote bone healing and bone mineralization and thus may be clinically beneficial in promoting bone formation in skeletal defects.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15906852&query_hl=10&itool=pub med_docsum
23	Shows the efficacy in post-operative wounds.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15782037&query_hl=10&itool=pub med_docsum
24	Phototherapy is an effective therapeutic modality for wound healing.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=16387711&query_hl=18&itool=pub med_DocSum
25	Demonstrated high healing effects in the treatment of episiotomies.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12614558&query_hl=67&itool=pub med_docsum
26	Phototherapy can be beneficial for the reduction of postoperative pain.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14758818&query_hl=18&itool=pub med_DocSum
27	Phototherapy results in both a subjective and objective improvement in nerve deficit.	http://www.ncbi.nlm.nih.gov/pubmed/8863301?ordinalpos=5&itool=EntrezSyste m2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed
28	Phototherapy effects on wound healing.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12928819&query_hl=18&itool=pub
29	In addition to accelerated wound healing, the main advantages of Phototherapy with injuries include prevention of side effects of drugs, significantly accelerated functional recovery and earlier return to work.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11800105&query_hl=10&itool=pub med_DocSum

30	Phototherapy can reduce inflammation and pain in Achilles tendonitis.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=16371497&query_hl=29&itool=pubmed_docsum
31	Phototherapy can potentially be effective in treating tendinopathy.	http://www.ncbi.nlm.nih.gov/pubmed/19708800?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=90
32	Phototherapy resulted in enhanced healing.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15496990&query_hl=39&itool=pub
33	This NASA research shows that Phototherapy will greatly enhance the natural wound healing process, and more quickly return the patient to a preinjury/illness level of activity.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11776448&query_hl=7&itool=pubmed_docsum
34	Phototherapy was effective in treating carpal tunnel syndrome pain.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12098159&query_hl=29&itool=pubmed_docsum
35	Phototherapy was proven to be an effective and noninvasive treatment modality for carpal tunnel syndrome.	http://www.ncbi.nlm.nih.gov/pubmed/17334675?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=2&log$=relatedarticles&logdbfrom=pubmed
36	Phototherapy is effective in treating carpal tunnel syndrome paresthesia and numbness and improves the subjects' power of hand grip and electrophysiological parameters.	http://www.ncbi.nlm.nih.gov/pubmed/18754533?ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubme d_RVDocSum
37	Phototherapy is a promising new, conservative treatment for mild/moderate carpal tunnel syndrome cases.	http://www.ncbi.nlm.nih.gov/pubmed/16706688?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=5&log$=relatedreviews&logdbfrom=pubmed
38	This study demonstrated that applications of phototherapy was a safe and effective method in treatment of knee osteoarthritis.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14677160&query_hl=18&itool=pubmed_DocSum
39	Phototherapy reduces pain in knee osteoarthritis and improves microcirculation in the treated area.	http://www.ncbi.nlm.nih.gov/pubmed/19530911?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=145
40	Phototherapy was effective in reducing pain and disability scores with frozen shoulder.	http://www.ncbi.nlm.nih.gov/pubmed/18341417?ordinalpos=34&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubm ed_RVDocSum
41	Phototherapy is an important tool to treat disorders of the maxillofacial region.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=9796491&query_hl=1&itool=pubmed_docsum
42	Phototherapy is an important tool and brings many benefits for the treatment of many disorders of the maxillofacial region.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=9612167&query_hl=1&itool=pubmed_docsum
43	These results suggest that phototherapy application is an effective tool for the treatment of patients with orofacial pain.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=16144479&query_hl=18&itool=pubmed_DocSum
44	Effectiveness of phototherapy in temporomandibular disorder.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12737331&query_hl=18&itool=pubmed_DocSum
45	Results show that phototherapy is an effective therapy for the pain control of subjects with temporomandibular disorder.	http://www.ncbi.nlm.nih.gov/pubmed/17696035?ordinalpos=174&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum

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46	Arthralgia of the temporomandibular joint and phototherapy.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=16942435&query_hl=1&itool=pubmed_docsum
47	Phototherapy in temporomandibular disorder: a phase II double- blind study.	http://www.ncbi.nlm.nih.gov/pubmed/19004308?ordinalpos=12&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubm ed_RVDocSum
48	Management of mouth opening in patients with temporomandibular disorders through phototherapy.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=16503788&query_hl=1&itool=pubmed_docsum
49	Effectiveness of phototherapy in temporomandibular disorder.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=12737331&query_hl=1&itool=pubmed_docsum
50	Phototherapy can be a supportive therapy in the treatment of TMD	http://www.ncbi.nlm.nih.gov/pubmed/20976388
51	Phototherapy significantly reduces pain and improves health status in chronic joint disorders.	http://www.ncbi.nlm.nih.gov/pubmed/12775206?ordinalpos=20&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubm ed_RVDocSum
52	Phototherapy is effective on pain, muscle spasm, morning stiffness, and total tender point number in fibromyalgia.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11845369&query_hl=18&itool=pubmed_DocSum
53	Phototherapy reduces frequency and severity of Raynaud attacks.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15570642&query_hl=18&itool=pubmed_DocSum
54	Therapeutic Effects of Phototherapy on Lateral Epicondylitis.	http://www.ncbi.nlm.nih.gov/pubmed/19874256?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=22
55	This study revealed that phototherapy is effective in relieving pain, and in improving the grip strength and subjective rating of physical function of patients with lateral epicondylitis.	http://www.ncbi.nlm.nih.gov/pubmed/17508839?ordinalpos=7&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubme d_RVDocSum
56	Treatment of medial and lateral epicondylitis--tennis and golfer's elbow--with phototherapy: a multicenter double blind, placebo-controlled clinical study on 324 patients.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=9743652&query_hl=18&itool=pubmed_DocSum
57	A systematic review with procedural assessments and meta-analysis of phototherapy in lateral elbow tendinopathy (tennis elbow).	http://www.ncbi.nlm.nih.gov/pubmed/18510742?ordinalpos=7&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubme d_RVDocSum
58	Effects of phototherapy in the treatment of lateral epicondylitis.	http://www.ncbi.nlm.nih.gov/pubmed/17603862?ordinalpos=20&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubm ed_RVDocSum
59	A study of phototherapy with trigger points technique: a clinical study on 243 patients.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=9456632&query_hl=18&itool=pubmed_DocSum
60	Phototherapy is beneficial for pain in myofascial pain syndrome.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14677161&query_hl=18&itool=pubmed_DocSum

61	Phototherapy in treatment of long-term incomplete peripheral nerve injury: a randomized double-blind placebo-controlled study.	http://www.ncbi.nlm.nih.gov/pubmed/17975958?ordinalpos=44&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
62	Phototherapy seemed to be conducive to the reduction of long-standing sensory nerve impairment following third molar surgery.	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=16480503&query_hl=18&itool=pubmed_docsum
63	Phototherapy has positive effects in orthodontic patient.	http://www.ncbi.nlm.nih.gov/pubmed/16979496?ordinalpos=22&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum