

SL500 Infra és SL1800 Infra készülékekkel kezelhető kórképek és betegségek

Mindkét készülék 808nm-es infravörös lézert sugároz, azonos teljesítménysűrűséggel, ezért az indikációs körök megegyeznek. Az infravörös lézert - az exponenciális elnyelődés miatt - hatékony a bőr kezelésére is, ezen felül az abszolút behatolási mélysége 8-10cm így alkalmas a **mélyebben fekvő szövetek kezelésére** is.

- Hámsérülések, horzsolások, operáció utáni sebek esetén elősegíti a normális szövetek regenerációját. (11, 12, 14, 16, 24, 25, 46, 50, 51, 65, 66, 67, 152, 160)
- Nem vagy csak nehezen gyógyuló sebek gyógyulását elősegíti (pl. felfekvés, fekély). (8, 19, 25, 46, 60, 68, 149, 150, 151, 153, 157, 158, 159)
- Kiegészítő terápiaként az enyhébb és súlyosabb mozgásszervi panaszok, sérülések fájdalmait, gyulladásait enyhíti. **Max. 8-10cm mélyen fekvő:**
 - csonttörés (71, 72)
 - izomhúzódás, izomszakadás, izomgyulladás, (33, 70, 74, 168)
 - ínszalag sérülés (134, 170, 171, 172, 175)
 - ínhüvely gyulladás (133)
 - csonthártya gyulladás (177)
 - teniszkönyök (13, 39, 79, 139, 166, 167)
 - ízületi gyulladás és kopás (26, 42, 43, 81, 82, 83, 84, 86, 87, 89, 90, 91, 96, 138, 144, 162, 163, 164, 165),
 - izomfájdalom, reumatikus fájdalmak, lumbágó (15, 20, 21, 22, 75, 76, 77, 140, 141, 142, 143, 173, 174)
 - ízületi mozgásbeszűkülés (5, 10, 135, 169)

Tudományos cikkek:

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A cikkben alkalmazott Thor-LX lézer hullámhossza (piros + IR) és teljesítmény- sűrűsége alapján releváns a vizsgált Safe Laser eszközökkel.

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lézerrel még a pirosnál is hatékonyabban kezelhető a felfekvés.

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A cikkben használt lézer a NIR tartományba tartozik (700-900nm) ami releváns a Safe Laser infra készülékeivel.

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Bár a kutatásban a lézerek mellet a LED-ekt is vizsgálták, a TABLE1 kizárólag a kiválasztási kritériumunknak megfelelő lézereket vizsgálja, ezért a cikk releváns.

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A cikk hatásosnak találta a lágylézer terápiát az égési sebek gyógyulásának felgyorsítására, de felhívja a figyelmet a megfelelő dózis és protokoll alkalmazására. A Safe Laser készülékek szórt, nagy felületet megvilágító optikai elrendezése és biztonságos, de hatékony teljesítménysűrűség tartománya a gyakorlatban kiegészítő terápiaként hatékonyan gyorsítja az égési sebek gyógyulását.

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A kutatásban az állatokon kívül 74 embert is vizsgáltak.

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A cikkben többször használják a LED megnevezést, de ezek LED lézerek a piros és infravörös tartományban, tehát relevánsak a Safe Laser eszközökkel.

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(75) Howard B Cotler, Roberta T Chow, Michael R Hamblin, and James Carroll, The Use of Low Level Laser Therapy (LLLT) For Musculoskeletal Pain *MOJ Orthop Rheumatol.* 2015; 2(5) [link](#) (CI=38)

(76) Montes-Molina R, Prieto-Baquero A, Martínez-Rodríguez ME, Romojaro-Rodríguez AB, Gallego-Méndez V, Martínez-Ruiz F, Interferential laser therapy in the treatment of shoulder pain and disability from musculoskeletal pathologies: a randomised comparative study. *Physiotherapy.* 2012 Jun;98(2):143-50. [link](#)

(CI=9, IF=1.41) A kutatás egyik célja az volt, hogy összehasonlítsa két lézer kezelési módszer hatékonyságát.

1. több lézerrel (interferenciális) végzett kezelés 2. egy 810nm-es infra lézerrel végzett kezelés (releváns a Safe Laser infra készülékekkel)

A kutatás kimutatta, hogy mind a két módszer egyformán hatékony, ezért az értékelésünkben relevánsnak tekintjük.

(77) Clijsen R, Brunner A, Barbero M, Clarys P, Taeymans J., Effects of low-level laser therapy on pain in patients with musculoskeletal disorders: a systematic review and meta-analysis. Eur J Phys Rehabil Med. 2017 Aug;53(4):603-610 [link](#) (CI=4, IF=0.80)

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(81) Alfredo PP, Bjordal JM, Dreyer SH, Meneses SR, Zaguetti G, Ovanessian V, Fukuda TY, Junior WS, Lopes Martins RA, Casarotto RA, Marques AP., Efficacy of low level laser therapy associated with exercises in knee osteoarthritis: a randomized double-blind study. Clin Rehabil. 2012 Jun;26(6):523-33. [link](#)

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