

Treatment instructions for common conditions

B-CURE[®] LASER Medical device with the dual effect

Stop the pain & Heal its source



Proven efficacy
in pain reduction



Easy to use,
6 minutes, twice a day



Safe for everyday
home use

B-CURE[®]
LASER
Healthy Healing



GOOD
ENERGIES[®]

Treatment Dosages

Treating acute pain

When treating pain resulting from a fresh injury or burn, we recommend that you treat the injured area as close as possible to the moment of injury. Treat the injured area for 6 minutes, 10 times consecutively, with 5 minute breaks between treatments.

When treating acute pain, you may start with 6-8 minute sessions, from the first treatment.

It is important to position the laser treatment directly on the skin, not through clothes or bandages.

When treating an open wound, the laser should be held as close to the wound as possible, without directly touching it.

Even if you feel immediate improvement or relief, we recommend continuing treatment until your injury has completely healed.

Treating chronic pain

In any condition that has been present for over a month, the pain is considered chronic with a high probability of inflammation. In these cases, it is recommended to restrict treatment of the area initially to 1.5 minutes. Then, increase the time by 30 seconds per treatment, per day, until the recommended treatment time has been reached. Please check the Instructions For Use booklet for the recommended dosages table.

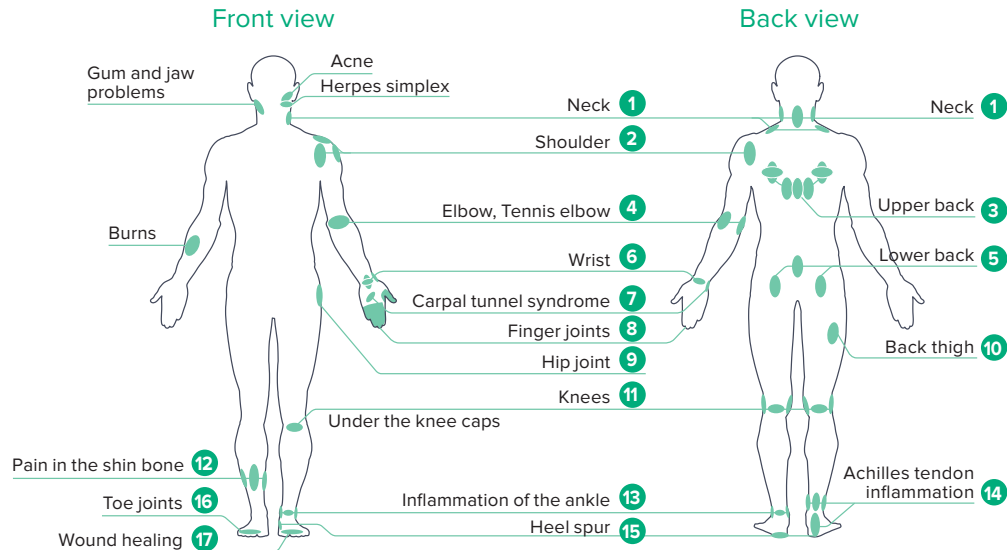
2-4 treatments should consistently be carried out each day.

If an increase in pain level is experienced following treatment, it is a sign that the body is responding to the treatment, and the desirable process of bio - stimulation of the cells is occurring.

In this case, stop treatment for 24 hours; then restart it with a decreased dosage time.

If no further pain increase is felt, gradually increase the treatment dosage until the recommended dosage is reached.

Recommended Treatment Points



This booklet specifies the most common treatment points for B-Cure Laser. For other treatment points not described here, consult the Instructions for Use booklet.

Clinical Areas and Treatment Applications (partial list):

Simultaneous treatment for pain relief, orthopedic conditions, wound healing and reduction of swelling and inflammation.

Pain and injury of bones, tissue and orthopedic conditions

- Back pain: lower back, upper back, neck, and muscle pain
- Joints: knees, hips, shoulders, fingers, osteoarthritis
- Rheumatoid arthritis and/or chronic tendon inflammation
- Heel spurs and sprains
- Tennis elbow
- Achilles tendon inflammation
- Carpal tunnel syndrome (CTS)
- Myofascial pain syndrome

Medical dermatology

- Wound healing
- Acne
- Fresh scars and burns
- Promotes improved and more esthetic healing of surgical incisions
- Herpes simplex

Acupuncture treatments

Neck

Treat the following locations:

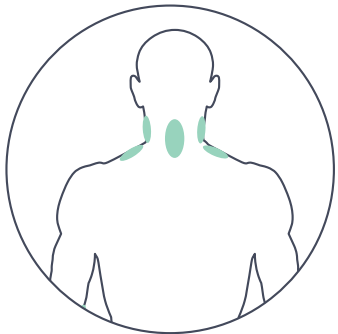
- Lengthwise, along the vertebra.
- Treat each side of the neck - lengthwise, under the ear lobe, exactly at the indentation behind the jaw.

Three (3) treatment points, for a total of 18-24 minutes during each treatment session.

You may also treat two additional points close to the bottom of the neck and toward the shoulders.

Treat 2-4 times a day.

Back view



Upper back

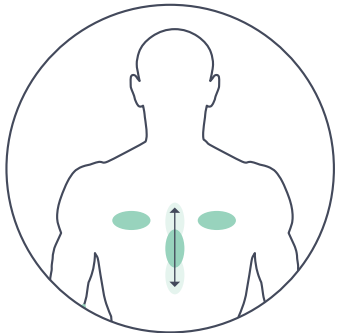
Treat the following locations:

- a. Lengthwise, along the spine on every aching link.
- b. On the right shoulder blade.
- c. On the left shoulder blade.

Three (3) treatment points, for a total of 18-24 minutes during each treatment session.

Treat 2-4 times a day.

Back view



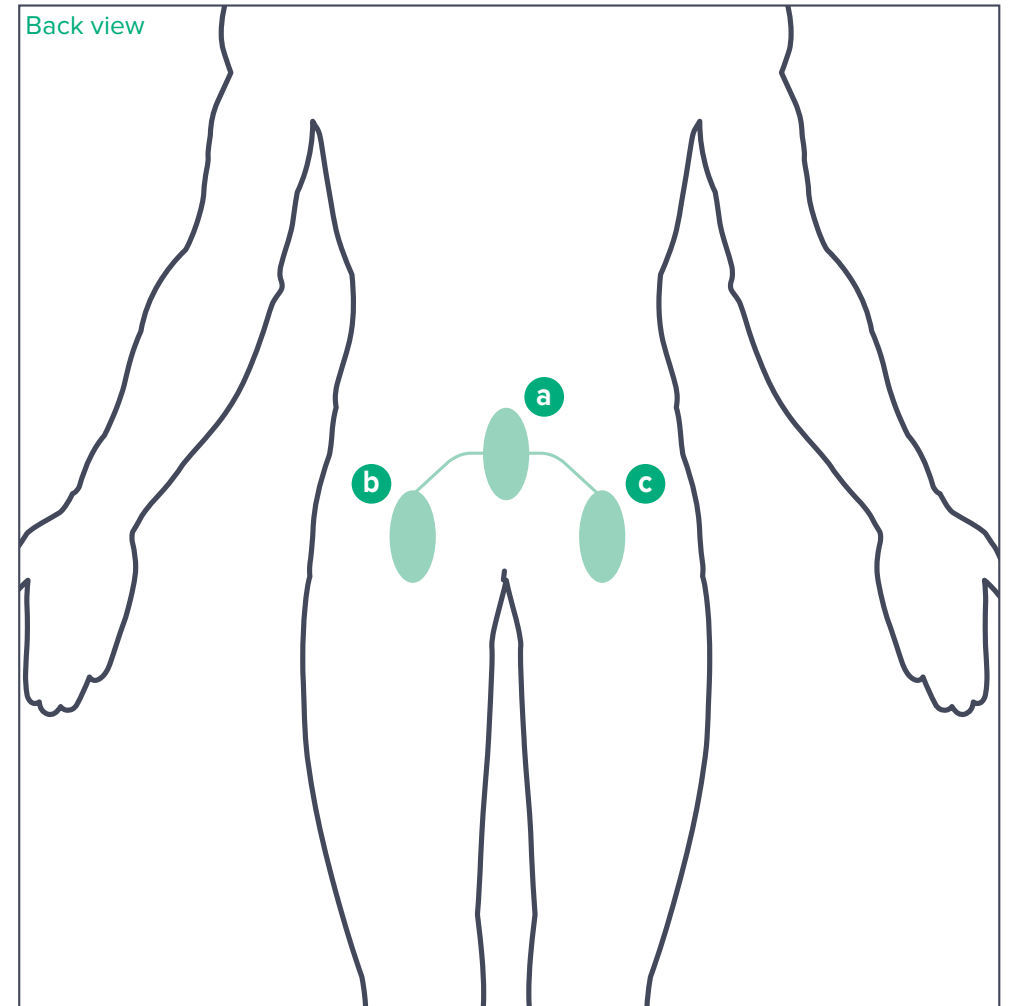
Lower back

Treat the following locations:

- a. Along the spine, lengthwise.
- b. Find the sensitive or sore points on the buttocks and treat both sides.

Three (3) treatment points, for a total of 18-24 minutes during each treatment session.

Treat 2-4 times a day.



Shoulder

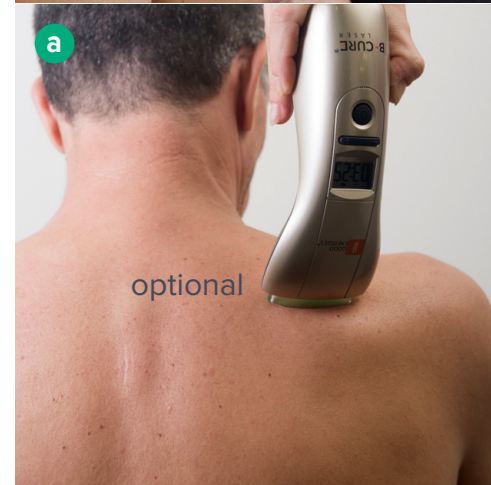
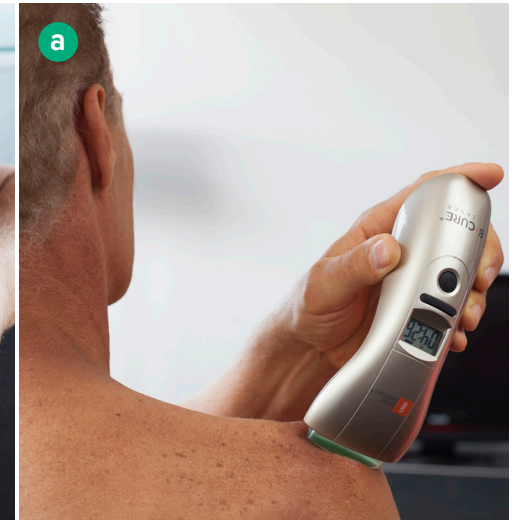
Treat the following locations:

- a. Around the shoulder joint.
- b. On the upper arm.

6-8 minutes per 4.5 cm² area.

Treat 2-4 times a day.

Front view



Tennis elbow

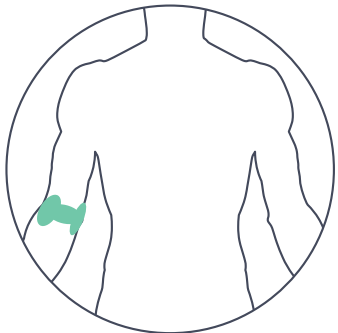
Treat the following locations:

- On the inside, widthwise, in the fold of the arm.
- On the right side, lengthwise.
- On the left side, lengthwise.

Three (3) treatment points, for a total of 18-24 minutes during each treatment session.

Treat 2-4 times a day.

Front view



Wrist/Carpal tunnel syndrome

Treat the following locations:

- On the inside, along the width of the joint – on the crease.
- On the inside, perpendicular to the previous point, lengthwise.
- Treat the length of the thumb, along the pad.
- Along the wrist bone, at the base of the hand, below the thumb.
- Exactly opposite to the previous point, below the “pinky” finger.

Three (3) treatment points, for a total of 18-24 minutes during each treatment session.

Treat 2-4 times a day.

Front view



Finger joints

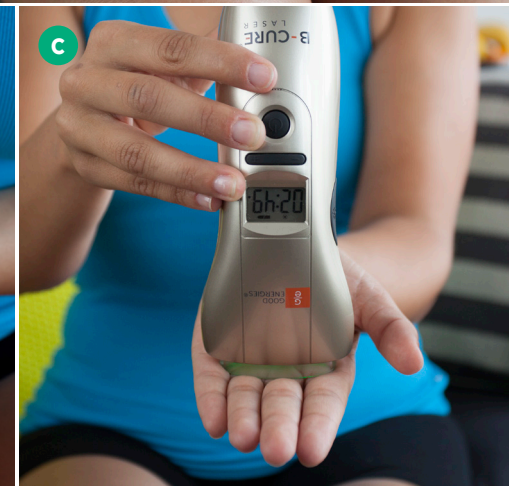
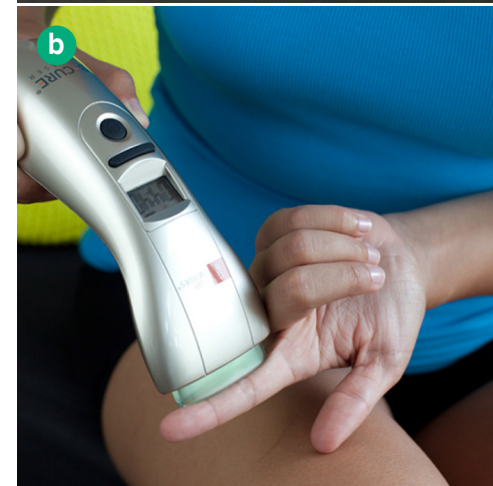
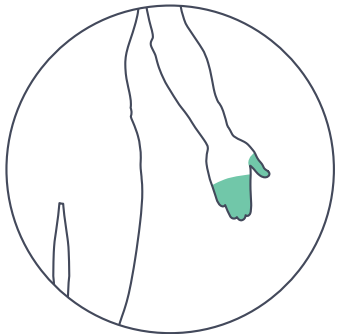
Treat the following locations:

- a. On the right side of the finger, lengthwise.
- b. On the left side of the finger, lengthwise.
- c. Across the dividing line between finger and palm.

Treatment time depends on the number of fingers being treated.

Treat 2-4 times a day.

Front view



Hip joint

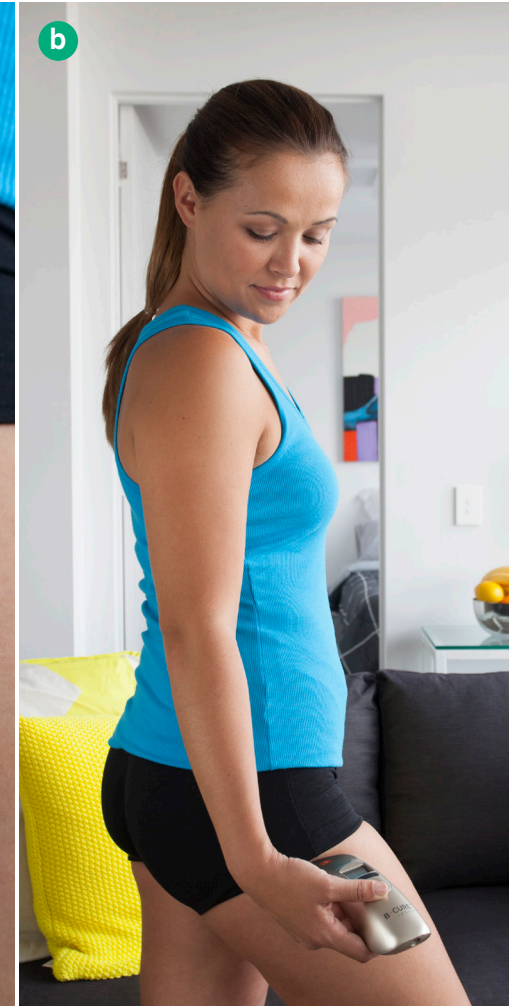
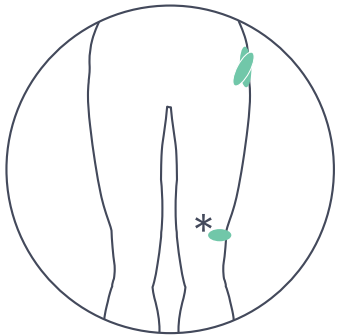
Treat the following locations:

- a. On the joint, lengthwise.
- b. On the joint, widthwise.
- * Follow a straight line from the treated hip toward the knee and treat that area, widthwise, if it is sensitive.

Three (3) treatment points, for a total of 18-24 minutes during each treatment session.

Treat 2-4 times a day.

Back view



Knees

Treat the following locations:

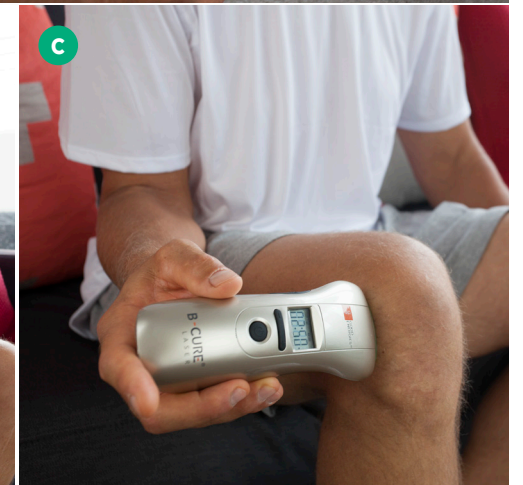
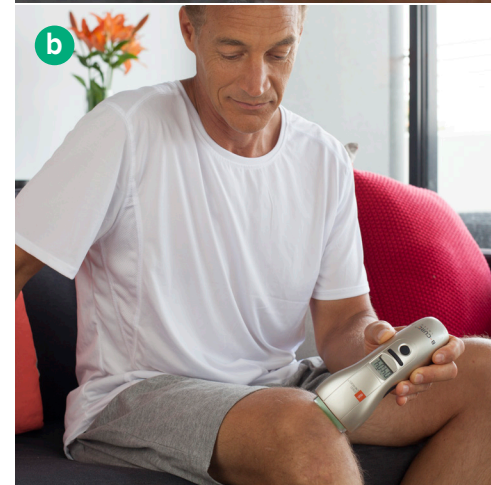
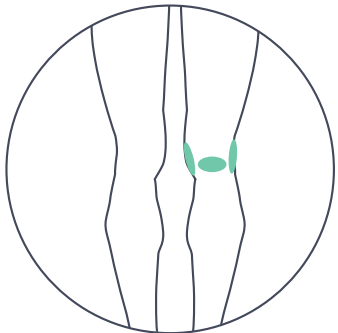
- a. On the back of the knee, along the inner fold.
- b. On the left side of the knee, lengthwise.
- c. On the right side of the knee, lengthwise.

Three (3) treatment points of 4.5 cm², for a total of 18-24 minutes during each treatment session.

Treat 2-4 times a day.

You may also treat the front of the knee, under the kneecap.

Back view



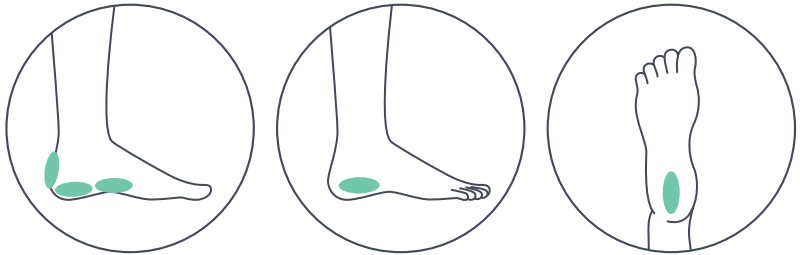
Heel spur

Treat the following locations:

- On the bottom of the foot, on the heel.
- On the side of the foot, parallel to the arch.
- On both sides of the heel, widthwise.
- On the back of the heel, lengthwise.

Five (5) treatment points, 30-40 minutes during each treatment session.

Treat 2-4 times a day.



Toe joints

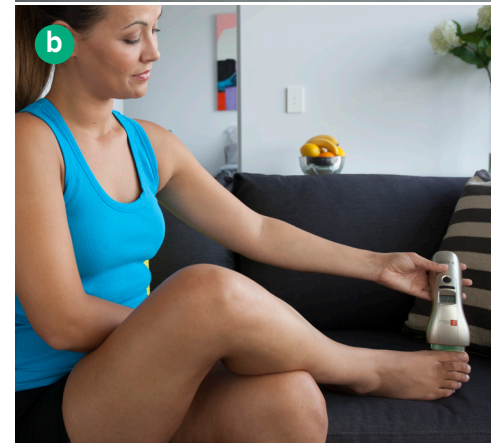
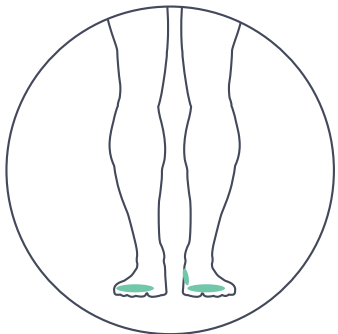
Treat the following locations:

- a. Widthwise, across the bottom of the toes on the toe pads.
- b. On the big toe, lengthwise.
- c. On the small toe, lengthwise.

Three (3) treatment points, for a total of 18-24 minutes during each treatment session.

Treat 2-4 times a day.

Front view



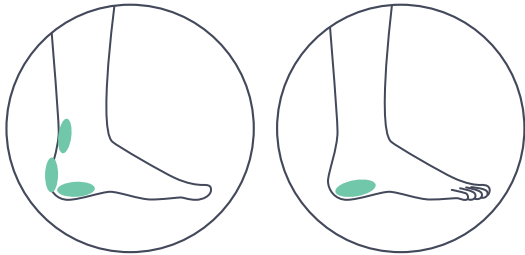
Achilles tendon inflammation

Treat the following locations:

- a. On the top of the heel, lengthwise.
- b. Above the point above, lengthwise.
- c. On the right side of the ankle, lengthwise.
- d. On the left side of the ankle, lengthwise.

Four (4) treatment points, 24-32 minutes during each treatment session.

Treat 2-4 times a day.



Instructions for improved results

Wounds, pressure sores, diabetic sores, ulcers and hard to heal wounds

For a fresh, open wound, treat the entire exposed area, 5-6 minutes per 4.5 cm². Take a five minute break, and then start a new 5-6 minute session. Continue process for an hour, if possible.

In most cases this will significantly reduce the pain, and result in a higher quality healing of the wound with less scarring.

After the first hour, continue to treat the wound for 6-8 minutes per 4.5 cm² surface area, twice daily, until the wound has completely healed.

With chronic, hard to heal wounds and diabetic ulcers, very good results can often be achieved with treatments of 8 minutes each, twice a day.

In chronic wounds it is not recommended to carry out more than two (2) treatments per day, due to the need to clean and re-dress the wound after each treatment.

Coverage of the treatment area:

If the treatment area is larger than 1 cm x 4.5 cm, repeat the treatment in the areas adjacent to it, until the entire target area has been covered.

Do not move the device during treatment, but rather hold it stationary over the area until the treatment time is complete.

The treatment may be repeated up to four (4) times a day, or more, if desired.

In cases of fresh injury or burn, you may perform immediate treatment up to 10 times a day!

It is important to perform consistent, daily treatments.

Do not stop the treatments before complete healing has been achieved.