

Volume 1 - October 2021

THE PREMIO 32 LASER THERAPY EXPERIENCE BOOKLET



**TECHNOLOGY APPROVED
BY A PANEL OF
VOLUNTEER THERAPISTS**
Made in France







WHAT IS A COLD LASER?

- A very particular light capable of emitting millions of identical photons
- Monochromatic (a single wavelength)
- Coherent. The electric and magnetic fields are oriented in the same direction
- The application of energy to the heart of cells without heating (bio-stimulation)

THE PREMIO 32 COLD LASER FROM SEDATELEC MEANS:

- A 905 nm infrared wavelength
- A high peak power for better penetration
- “Super-pulsed” and frequency-adapted energy emission according to the treatment mode used with 3 stimulation modes (NOGIER frequencies):



“ANALGESIC - ANTAL”
“REGENERATION”
“RELAXATION”

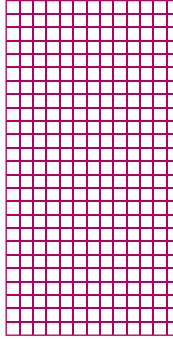
PROTOCOL & COEFFICIENT OF TRUST

The application protocols presented in this Therapeutic White Book should be considered a usage reference, valid in most cases, for each pathology concerned.

Each protocol can be adapted to the severity of the pathology, the patient's response and your experience when using the laser device!

It's your turn... The Coefficient of Trust is a percentage of successful application of the protocol to your patient; in other words, an effect that is positive and consolidates the treatment of the symptoms.

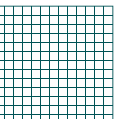




The **Premio 32 laser** should above all be considered additional, complementary therapy.

The Coefficient of Trust is calculated based on scientific data taken from the literature, as well as feedback from independent volunteer testing therapists during a recent evaluation period during consultations.

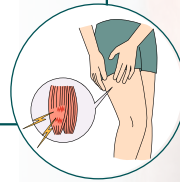
Prior to every use, read the user manual



MUSCLE ELONGATION

Associated Symptomes

- Acute pain when palpating or stretching
- Localised injury to the muscle tissue
- Loss of mobility
- Stage 1 or 2 muscle injury, with risk of recurrence if the scarring is insufficient



The premiO 32 protocol:

Major Goal → decreased pain (when moving), scarring of the injured muscle zone, accelerated muscle strength recovery
Min. number of sessions until effect → 5 sessions

From session 1 to session 5:

- Apply to at least 6 points around the injured muscle zone:
- At session start (duration: 5 min), with "ANTAL" mode
- At session end (duration: 5 min), with "REGEN" mode

From session 6:

Same application (6 points minimum) around the injured muscle zone, at session end only (duration: 5 min) with "REGEN" mode. If the pain persists, continue applying "ANTAL" mode at session start (duration: 5 min).

Highly-compatible therapeutic modalities → Massage, Tecartherapy

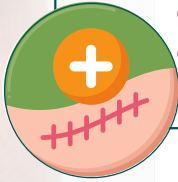
No specific contraindications

Coefficient
of trust
90%

SUPERFICIAL SCARS

Associated Symptomes

- Painful responses (at rest or when the skin is stretched)
- Inflammation, red blotches
- Infection in the event of poor scarring



The premiO 32 protocol:

Major Goal → decreased pain, prevention of complications (scar adhesion), accelerated regeneration of cutaneous tissue

Min. number of sessions until effect → 10 sessions

"Shock treatment" protocol:

Apply to the entire length of the scar with "REGEN" mode (duration: 5 min)

In case of pain or sensitivity of the scar, first do the same with "ANTAL" mode (duration: 5 min)

Highly-compatible therapeutic modalities → Massage (palpate roll, stretching, etc.)

Possible contraindications:

- Do not apply to infected or suppurating scar
- Inadvisable in the event of prior consumption or use of anticoagulants
- Never attempt to move the articulation

Coefficient
of trust

80%

SCIATICA

Associated Symptomes

- Radiating pain along the nerve path (inflammation or mechanical cause)
- Discomfort when moving or seated
- Significant strain



The premiO 32 protocol:

Major Goal → decreased pain (at rest and/or when moving)

Min. number of sessions until effect → 5 sessions

From session 1 to session 5:

At the start of the session (duration: 10 min), symmetrically apply* to at least 6 points located on the “pain” nerve path with “ANTAL” mode.

In the event of muscle tension associated with the neuralgia: following analgesic treatment, apply (duration: 5 min per treated muscle), to at least 6 points located on each tensed muscle with “RELAX” mode

From session 6:

At the end of the session (duration: 10 min), symmetrically apply* to at least 6 points located on the “pain” nerve path with “REGEN” mode. In the event of persistent pain: maintain the symmetrical analgesic treatment with “ANTAL” mode at the start of the session (duration: 10 min)

*Symmetrical or bilateral application: treat the nerve located on the right even if the left side is affected, for more effective stimulation

Highly-compatible therapeutic modalities → Massage, Tecartherapy

No specific contraindications

Coefficient
of trust
75%

ANKLE

Associated Symptomes

- Pain ○ Oedema ○ Inflammation
- Cannot stand or walk
- Type II or III sprain: elevated risk of recurrence if insufficient ligament scarring



The premiO 32 protocol:

Major Goal → decreased pain, decreased oedema, ligament regeneration
Min. number of sessions until effect → 5 sessions

From session 1 to session 5:

Apply to at least 5 or 6 points around the injured articulation zone

- At session start (duration: 5 min) with "ANTAL" mode
- At session end (duration: 5 min) with "REGEN" mode

From session 6:

Same application (6-7 points) around the injured articulation zone, at the end of the session only (duration: 5 min), with "REGEN" mode.

If the pain persists, continue applying "ANTAL" mode at session start (duration: 5 min)

Highly-compatible therapeutic modalities → Massage, Cryotherapy + Compression

Possible contraindications:

- Precautions in the event of local cutaneous wounds

Coefficient
of trust
75%

GONARTHROSIS

Associated Symptomes

- Chronic pain at rest or when moving (climbing stairs, standing up, etc.)
- Nocturnal inflammation



The premi^o 32 protocol:

Major Goal → decreased pain, regeneration of the injured articulation tissue

Min. number of sessions until effect → 10 sessions (for phase 1)

Phase 1: “shock treatment” (1 session per week)

Apply to 6 points around the affected articulation:

- At session start (duration: 10 min), two applications with “ANTAL” mode
- At session end (duration: 10 min), two applications with “REGEN” mode

Apply this treatment until the signs of the pathology have decreased
> move to phase 2

Phase 2: regular follow-up (2 sessions per month)

Apply once, to the same path around the articulation, at session end (duration: 5 min) with “REGEN” mode

Highly-compatible therapeutic modalities

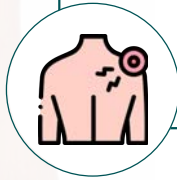
No specific contraindications

Coefficient
of trust
70%

TENDINOPATHY OF THE ROTATOR CUFF

Associated Symptomes

- Inflammation
- Permanent or intense pain when moving
- Loss of mobility
- Risk of recurrence or aggravation (calcification)



The premi32 protocol:

Major Goal → decreased pain, accelerated recovery of mobility

Min. number of sessions until effect → 10 sessions

From session 1 to session 5:

Apply to 8 points minimum around the injured tendon zone:

- At session start (duration: 10 min), twice with "ANTAL" mode
- At session end (duration: 10 min), twice with "REGEN" mode

From session 6:

Same application (8 points minimum) around the injured tendon zone, at the end of the session only (duration: 10 min) two applications with "REGEN" mode

If the pain persists, continue applying at "ANTAL" mode at session start (duration: 10 min) with two applications per point

Highly-compatible therapeutic modalities → Active mobilisation ("Stanish" protocol), Tecartherapy

No specific contraindications

Coefficient
of trust
70%

ACHILLES TENDINOPATHY

Associated Symptomes

- Inflammation (radiating along the leg)
Permanent or intense pain when moving (e.g.
- when standing)
- Risk of recurrence or aggravation
(calcification)



The premi^o 32 protocol:

Major Goal → decreased pain, accelerated recovery of mobility

Min. number of sessions until effect → 10 sessions

From session 1 to session 5:

Apply to at least 6 points around the injured tendon zone: At session start (duration: 5 min), with "ANTAL" mode. At session end (duration: 5 min), with "REGEN" mode

From session 6:

Same application (at least 6 points) around the injured tendon zone, at the end of the session only (duration: 5 min) with "REGEN" mode.

If the pain persists, continue applying "ANTAL" mode at session start (duration: 5 min)

Highly-compatible therapeutic modalities

No specific contraindications

Coefficient
of trust

65%

THEY'VE TESTED IT

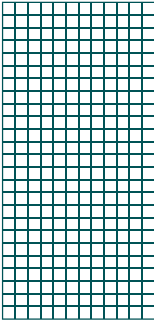


Stéphane Mahot,
Physiotherapist-masseur in Chambéry

The Premio 32, which I've been using for 5 years, can be used very quickly and effectively to optimise scarring and recovery times compared to other, more complex laser devices, which have features they sometimes shouldn't.

Pierre Villette,
Physiotherapist-masseur in Le Creusot

The Premio 32 is very effective for treating sport-related trauma, for example muscle injuries... It's also easy to handle, practical to use and has good autonomy, so it's perfect for use in the home or field!



Aurélié Badel,
Physiotherapist-masseuse in Bourgon-Jallieu

As a long-time user of "light-based" therapeutic solutions, I had many positive feedback from my patients with the Premio 32, especially for specific applications (scars, muscle injuries...).

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THE GOLDEN RULES TO FOLLOW!

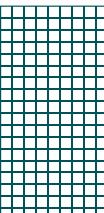


1. Respect the elementary safety instructions (user manual)

Disinfect the tip of the laser device after every use. **2.**

3. Keep the laser perpendicular to the treated zone

Minimum 30 seconds per point of application **4.**



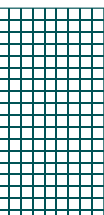


Apply the laser point
by point **5.**

6. 1 cm between two points
of application

Apply the laser in contact with the
skin or 1 cm above injured skin **7.**

8. Check your patient's development
during each session





- Decreased pain
- Recovery of mobility and strength
- Tissue regeneration
- Scarring quality



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