



RED LIGHT THERAPY FOR FOOT AND ANKLE PROBLEMS

RED:VIVE

Red light therapy can benefit the foot and ankle by promoting healing and reducing pain for conditions like neuropathy, sprains, and arthritis by boosting circulation, increasing mitochondrial energy, and accelerating cell repair. The therapy uses specific wavelengths of red and near-infrared light to penetrate the skin, stimulate [nitric oxide release](#) for vasodilation, and improve cell function. It can also reduce swelling and inflammation in soft tissue injuries.

Specific Benefits

- **[Pain Relief:](#)**

Red light therapy can significantly reduce nerve pain and numbness associated with conditions like peripheral neuropathy.

- **[Improved Circulation:](#)**

By triggering the release of nitric oxide, it causes vasodilation, which increases blood flow to the affected area.

Faster Healing:

It supports the body's natural healing processes by stimulating mitochondria to produce more cellular energy, leading to faster cell repair.

Reduced Swelling:

Studies suggest that red light therapy may decrease swelling in soft tissue injuries like ankle sprains.

Decreased Inflammation:

The therapy helps manage and reduce inflammation, which is beneficial for chronic conditions and recovery.



How it Works

Cellular Energy Boost:

Red and near-infrared light wavelengths penetrate the skin, are absorbed by mitochondria (the cell's powerhouses), and increase energy production.

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Nitric Oxide Release:

This increase in energy helps blood vessels release nitric oxide, a molecule that relaxes and expands blood vessels, enhancing circulation.

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Mitochondrial Stimulation:

The increased energy production helps cells perform their functions, including repair and recovery, according to [WebMD](#).

Uses

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Neuropathy:

It is a valuable complementary treatment for pain, numbness, and tingling in the feet caused by neuropathy.

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Soft Tissue Injuries:



It can help with the recovery and pain relief for soft tissue injuries like sprains and strains.

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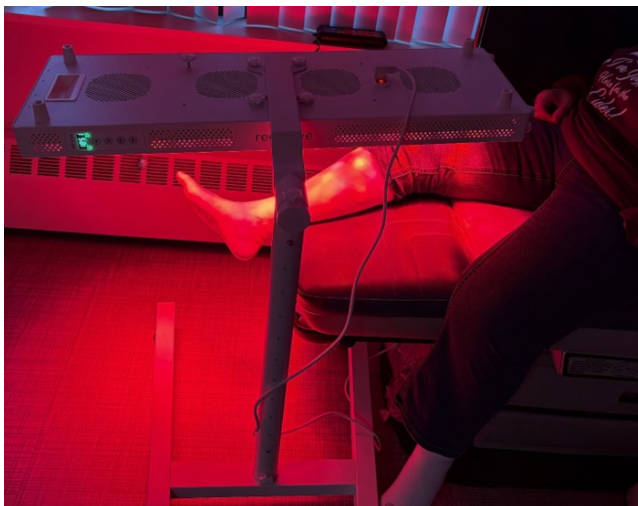
Arthritis and Stiffness:

The therapy can ease joint stiffness and support healing for conditions like arthritis.

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Post-Surgery Recovery:

It is also used to accelerate recovery and reduce pain after foot and ankle surgeries.



I use the Red Light on all my post operative patients. The above patient had a minimally invasive Tarsal Tunnel Release, plantar fasciotomy, and Posterior Tibial Partial Tendon rupture and injection of Stem Cell like growth stimulating and reparative injection from the placenta DPMx



red:vive

Why Choose Red:Vive Over Cheaper Panels?

Clinically Proven Wavelengths and Power

Red:Vive panels use the most clinically studied wavelengths (635, 670, 810, and 850 nm), proven in PBM research and clinical trials. Cheaper panels often lack the correct wavelengths or enough power to penetrate deep tissue, limiting their effectiveness.

Medical-Grade Quality and FDA Registration

Red:Vive devices are FDA-registered Class II medical devices, ensuring safety, consistency, and reliability. Consumer-grade panels often have inconsistent output and no clinical validation.

Superior ROI and Long-Term Value

High-quality diodes and durable construction mean fewer failures and a longer lifespan. Patients experience faster and more noticeable results, making the investment worthwhile.

Clinician Support and Proven Protocols

Every Red:Vive device includes evidence-based protocols curated by Dr. Desai and access to Red:Vive University. Patients get ongoing support and treatment guidance instead of guessing how to use their device.

Integrated Care and Community

Red:Vive panels align at-home care with in-office treatments, maximizing healing and recovery. Patients also benefit from clinician and affiliate support, making the device part of a comprehensive care plan.

Red:Vive – Trusted by Clinicians. Proven by Science.