

UNO VITA AS

PowerCure Pro

English User and Treatment Guide

Photobiomodulation / low-level laser therapy at 650 nm and 808 nm

For people and animals - home use and professional support



Expanded guidance based on the manufacturer's manual, official FAQ and scientific literature

Version 1.0 | 27 July 2026

Important safety information

! CLASS 3B LASER - EYE PROTECTION IS MANDATORY

Everyone in the room must wear laser safety glasses that explicitly cover both 650 nm and 808 nm and are suitable for the relevant laser class. Ordinary sunglasses are not sufficient. When treating animals, the animal's eyes must also be shielded. Never look into the treatment window, even if the red light appears weak or is not visible.

- Never point the laser toward eyes, shiny reflective surfaces or anyone who is not protected.
- Keep the device out of reach of children. It must never be used without a responsible adult or qualified professional.
- The device is not waterproof. Never use it in a bath, shower or on wet skin.
- Use on clean, dry, bare skin. Clothing, thick dressings and dense fur substantially reduce the delivered light dose.
- Switch the device off after treatment and never leave it operating unattended.
- Stop immediately if there is burning, intense heat, persistent redness, dizziness or a clear worsening of pain.
- Never treat an unexplained lump, a suspected cancerous change or an area without a clear diagnosis until it has been assessed by a doctor or veterinarian.

! Manufacturer's contraindications

The supplied manufacturer manual lists, among other factors, pregnancy, diabetes, a pacemaker, coagulation disorders, malignant skin lesions, pronounced scar formation, epilepsy or light-induced rash, use of photosensitising medicines, and recently sunburned or deeply tanned skin. If any of these apply, do not use the product without explicit clearance from a doctor or other qualified healthcare professional. The product's own labelling must always take precedence.

This guide is intended to support correct and cautious use of the device. It does not replace diagnosis, emergency care, rehabilitation or treatment prescribed by a doctor, physiotherapist or veterinarian.

When to contact a doctor or veterinarian first

- Severe or sudden pain, possible fracture, major trauma or acute swelling.
- New paralysis, substantial loss of strength, increasing numbness, or loss of bladder or bowel control.
- Chest pain, shortness of breath, fever, signs of infection, or markedly red and hot skin.
- An unexplained lump, a wound that does not heal, known cancer, or treatment close to a tumour.
- An animal that will not bear weight on a limb, has severe pain, neurological symptoms, or an open/deep wound.

Contents

Part	Topic
1	What PowerCure Pro is and how photobiomodulation works
2	Equipment, specifications and controls
3	Quick start - treatment in a few minutes
4	Detailed use: time, mode, intensity and positioning
5	Practical dosing and treatment plan
6	Examples for common body areas
7	Use on dogs, cats and horses
8	Contraindications, precautions and reactions
9	Cleaning, charging, storage and transport
10	Troubleshooting
11	Frequently asked questions
12	Scientific basis, treatment log and sources

In brief

PowerCure Pro combines 10 red laser diodes at approximately 650 nm and 5 near-infrared laser diodes at approximately 808 nm. The stated total output is 1300 mW. The device has continuous and pulsed modes, three intensity levels and an adjustable treatment time. According to the manufacturer, PowerCure Pro and PowerCure Pro Vet use the same hardware and provide the same performance; the difference is in marketing and treatment guidance.

PART 1

What are cold laser therapy and photobiomodulation?

Cold laser therapy, low-level laser therapy, LLLT and photobiomodulation (PBM) are terms used for light treatment in which red and near-infrared light is delivered to tissue without cutting, burning or ablating it. The aim is to influence biological processes in cells, not to heat tissue in the same way as a surgical laser.

Light can be absorbed by light-sensitive molecules in cells. This may influence mitochondrial energy production, signalling molecules such as nitric oxide and reactive oxygen species, and local processes related to inflammation, circulation and tissue repair. The response depends on wavelength, output power, treatment area, time, pulse parameters, tissue type and total dose. More light is therefore not always better.[4,5]

The two wavelengths in PowerCure Pro

Wavelength	Typical role	Practical significance
650 nm - visible red light	Absorbed relatively superficially and often used for skin, structures close to wounds, and superficial muscles or tendon insertions.	The red light is visible, but visible brightness does not indicate how much 808 nm energy is being delivered.
808 nm - near-infrared light	Usually penetrates deeper than red light and is often used for muscles, tendons, joints and deeper painful areas.	808 nm is effectively invisible. Never attempt to check it by looking into the treatment window.

Important note on penetration depth

The manufacturer markets deep-tissue penetration, but the actual amount of light reaching deeper tissue varies greatly with skin, fatty tissue, muscle, fur, angle, contact and treatment area. It is therefore not possible to promise a specific depth or clinical effect for every user.

What the research supports - and what it does not

Systematic reviews indicate that PBM may reduce pain or improve function in some musculoskeletal conditions when an appropriate dose is used. Positive findings have been reported for conditions including knee osteoarthritis, neck pain, certain tendinopathies and plantar fasciitis. At the same time, outcomes depend on diagnosis and dose, and the evidence is weak or inconsistent for other conditions, including non-specific low back pain. Research on PBM in general is not the same as clinical evidence for PowerCure Pro specifically.[6-11]

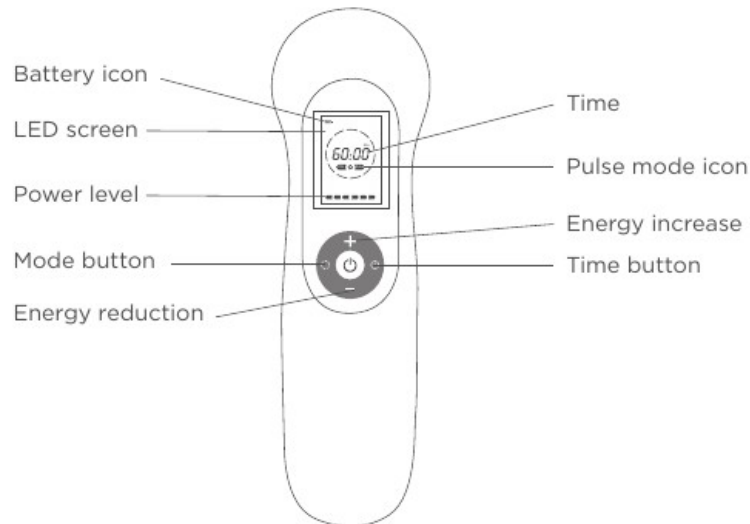
PART 2

Equipment and controls

What is normally included

- PowerCure Pro handheld laser device.
- Magnetic massage/distance lens.
- USB-C charging cable and 5 V / 2 A power adapter.
- Laser safety glasses that cover 650 nm and 808 nm. Package contents may vary - check the package before use.
- Original user manual, quality card and warranty documentation.

Product structure:



Control buttons and display symbols. Illustration from the manufacturer's manual.

Control	Function
Central power button	Press and hold for about 2 seconds to switch the device on or off. A short press starts or pauses laser output.
Time button	Increases treatment time in 5-minute steps. The minimum may be 5 or 15 minutes depending on firmware.
Mode button	Switches between CW (continuous) and Pulse (pulsed) mode.
+ and -	Selects one of three output/intensity levels. Time and intensity normally have to be changed while treatment is paused.
Battery symbol	Shows the approximate charge level.
CW / Pulse	Shows the selected operating mode.

Technical specifications

Property	Stated specification
Laser medium	GaAlAs semiconductor
808 nm diodes	5 diodes, 808 nm +/-20 nm, maximum 250 mW +/-20% per diode
650 nm diodes	10 diodes, 650 nm +/-20 nm, maximum 5 mW +/-20% per diode

Property	Stated specification
Total maximum output power	1300 mW +/-20%
Laser class	The product and warning label identify it as Class 3B
Mode	Continuous (CW) or pulsed
Time	Original manual: 15-60 minutes in 5-minute steps. Newer product page/firmware: 5-60 minutes.
Battery	5000 mAh lithium battery
Charging	USB-C, 5 V / 2 A
Operating temperature	5-40 degrees C
Relative humidity	20-80%
Atmospheric pressure	860-1060 hPa
Weight	270 +/-5 g

Note on laser classification

One sentence in the original manual refers to "3R", while the warning label, the specifications and the current product page all identify the device as Class 3B. This appears to be an editorial error in the manual. Always follow the stricter Class 3B safety requirements.

PART 3

Quick start

Before pressing Start

Confirm that the treatment window is clean and undamaged, that the area has been appropriately assessed, and that everyone in the room is wearing approved eye protection.

1

Charge the device

Use only 5 V / 2 A. Do not operate the device while charging unless this is explicitly permitted for your product version.

2

Prepare the area

Remove clothing, dirt, oil and thick fur. The skin must be dry. Part the fur so the light reaches the skin.

3

Put on laser safety glasses

The glasses must cover both 650 nm and 808 nm. Shield the eyes of animals as well.

4

Switch on

Press and hold the power button for about 2 seconds until the display lights up.

5

Select time and mode

Select time with the Time button. As a general rule, start with a short, cautious exposure. CW is a natural first choice; Pulse may be tried for deeper areas.

6

Select intensity

Begin at the lowest level when treating a new area for the first time. Increase only after good tolerance.

7

Position the device

Hold the treatment window perpendicular to bare skin, either in light contact or up to approximately 1 cm away. Do not press hard.

8

Start and finish

A short press of the power button starts treatment. A short press pauses it. After treatment, hold the button for 2 seconds to switch off, then clean the window.

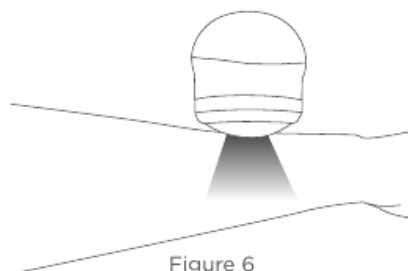


Figure 6

Hold the treatment head perpendicular to the area. Light contact is normally suitable; do not press hard.

PART 4

Detailed instructions

1. Inspect the device

- Do not use the device if the housing, treatment window, cable or lens is cracked, damaged or loose.
- Make sure the laser window is clean. Grease and dust reduce light transmission.
- Ensure that the battery has sufficient charge before a longer session.

2. Switch on and select settings

(working mode is continuous mode as shown in Figure 2).



Figure 1

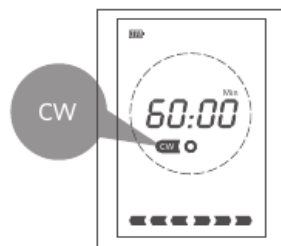


Figure 2

Press and hold the power button for about 2 seconds. The display will then show the stored or default settings.

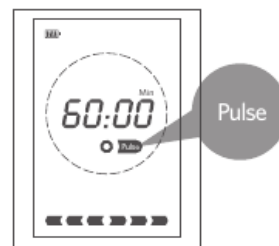
When the device is on, select treatment time, mode and intensity. If you need to change the time or intensity during treatment, first pause the device with a short press of the power button. On some versions, the mode can be changed while the laser is active, but pausing before any adjustment is the safest approach.

3. Select CW or Pulse



continuous mode

Figure 4



pulse mode

Figure 5

CW provides continuous light. Pulse delivers the light in pulses. The precise pulse frequency and duty cycle are not stated in the manual.

Mode	When it is commonly used	Practical advice
CW - continuous	Superficial areas, tendon insertions, muscles, skin-adjacent areas and first-time testing.	A good place to start. Stable and easy to document.
Pulse - pulsed	Deeper joints/muscles or nerve-related complaints according to the manufacturer's FAQ.	May feel different, but is not automatically "stronger". The exact average dose is unknown without pulse specifications.

4. Positioning and contact

- Treat bare skin. For animals, carefully part or trim the fur when necessary.
- Hold the head perpendicular to the skin so that as little light as possible is reflected away.
- For point treatment, keep the device stationary over each point.

- When using the massage lens, move the device slowly back and forth over a defined area.
- Avoid firm pressure, particularly over acutely inflamed or painful areas.
- Pause the laser before moving the device if the beam could otherwise point toward eyes or another person.

5. After the session

- Record the area, time, mode and intensity in the treatment log.
- Assess the response immediately and again the next day. Mild warmth or short-lived tenderness may occur; if symptoms clearly worsen, reduce the dose or stop treatment.
- Clean the treatment window and store the device dry and protected.

PART 5

Practical dosing and treatment plan

More is not necessarily better

Photobiomodulation often shows a biphasic dose response: too little may have minimal effect, while too much may reduce benefit or increase irritation. Because the PowerCure manual does not state the treatment-window area, irradiance or pulsed duty cycle, energy density in J/cm² cannot be calculated reliably. Use a gradual, documented approach.

Cautious starting model for home use

Stage	Time and intensity	Frequency	What to assess
First 1-2 sessions	5 minutes per point/defined zone at low intensity. If the device has a 15-minute minimum, distribute the time over 3 nearby points.	One session per day.	Skin response, warmth, tenderness, pain and function on the same day and the following morning.
Sessions 3-6	If well tolerated: 5-10 minutes per point/zone at low or medium intensity.	Acute complaint: up to daily. Chronic complaint: 3-5 sessions per week.	Whether pain and mobility improve without persistent irritation.
Continued use	Distribute 15-30 minutes over several points for larger areas. Avoid 60 minutes on one small point without professional guidance.	Adjust according to response. The manufacturer describes up to two treatments daily, but begin conservatively.	A genuine change over 1-3 weeks, not only brief warmth or expectation effects.

The manufacturer's European FAQ commonly suggests 6-8 minutes per treatment area, up to twice daily, and states that a response may be noticed from a few days to approximately three weeks. This is general manufacturer guidance, not an individual medical dose.[2]

How to distribute the treatment time

- Small, superficial area: 1-3 treatment points.
- Medium-sized joint: 4-6 points around the joint line and painful area.
- Large muscle or lower back: 4-8 points or slow scanning with the massage lens.
- Deeper area: use several angles around the area rather than a very long exposure at one point.
- Treat the painful structure and nearby overloaded muscles, but do not treat the "whole body" without a clear plan.

When to adjust the dose

Reaction	Action
No reaction or benefit after 3-4 sessions	Check placement, skin contact, battery charge and whether you are actually targeting the correct tissue. Increase cautiously from low to medium intensity or add one treatment point.
Brief mild warmth or relaxation	Usually acceptable. Continue with the same dose before considering an increase.
More tenderness for a few hours, returning to baseline by the next day	Reduce time or intensity by approximately 25-50% and consider a longer interval.
Clear worsening the next day, marked redness or a burning sensation	Stop. Do not restart until the cause has been clarified.
No meaningful improvement after 2-3 weeks	Reassess the diagnosis and dose with a doctor, physiotherapist or veterinarian. Do not automatically continue with progressively higher doses.

PART 6

Examples for common body areas

These are positioning examples - not diagnoses

Pain may arise from structures other than the location where it is felt. Severe, persistent or unexplained pain should be assessed before treatment.

Area	Suggested positioning	Starting point
Neck and shoulder	3-6 points over the posterior and lateral neck muscles, upper trapezius and around the painful shoulder. Avoid the eyes, front of the neck and thyroid area.	5 minutes per point, low intensity, CW.
Knee	4-6 points along the medial and lateral joint line, above/below the kneecap and over a locally painful tendon.	5 minutes per point or 15-25 minutes distributed around the knee.
Elbow / tennis elbow	2-4 points around the painful tendon attachment and adjacent forearm muscle.	5-8 minutes per point, low to medium intensity.
Wrist and hand	2-4 points over painful joints, tendon attachments or muscles. Do not direct the beam toward the face while repositioning the hand.	5 minutes per point.
Lower back	4-8 points in the muscles on either side of the spine and over painful areas. Avoid unexplained lumps and the abdomen/lower back during pregnancy.	15-30 minutes in total, distributed over the points.
Hip	Several points from the side and back around the painful area; deeper tissue often requires several angles.	5-10 minutes per point, low/medium intensity.
Ankle and plantar fascia	Around the ankle, heel bone and along the painful section of the sole.	5-8 minutes per point.
Muscle strain / tender points	Treat along the affected muscle, not only the most painful point.	3-6 points or slow scanning for 10-20 minutes in total.
Nerve-related pain	Treat locally and, where appropriate, along the nerve pathway. The face, head and front of the neck require professional guidance.	Begin low and short, possibly using Pulse after a cautious trial with CW.

PART 7

Use on dogs, cats and horses

PowerCure states that PowerCure Pro and PowerCure Pro Vet use the same hardware, wavelengths, output, modes and performance. The same device can therefore be used for people and animals, but veterinary diagnosis and animal-specific safety remain essential.[3]

Veterinary assessment first

Animals cannot always show clearly that treatment is uncomfortable. Lameness, neurological symptoms, open wounds, postoperative areas and chronic joint problems should be assessed by a veterinarian before home treatment.

Practical procedure

- Allow the animal to lie or stand calmly on a non-slip surface. Use an assistant when needed.
- Protect the animal's eyes and the eyes of every person present. Do not rely on the animal simply "looking away".
- Part or trim the fur so the treatment window can be positioned close to the skin. Thick or dark fur substantially reduces the delivered dose.
- Begin with low intensity and a short time. Hold the device lightly against the skin or just above it.
- Observe the skin, breathing, restlessness, lameness and movement after the session. Stop if the animal pulls away, becomes agitated, or the skin becomes hot or red.
- For wounds or postoperative treatment, follow the veterinarian's protocol and hygiene requirements. Do not place the treatment head directly in an open wound.

Common veterinary applications described by the manufacturer

The manufacturer describes supportive use for osteoarthritis, muscle and tendon injuries, postoperative discomfort, back and joint pain, wound healing and some neurological problems. This is not a guarantee of benefit, and serious conditions must not be treated at home as a substitute for veterinary care.[3]

Animal/area	Positioning	Cautious starting point
Dog - knee/hip	4-6 points around the joint, with the fur parted.	5 minutes per point, low intensity, once daily.
Dog/cat - back	Along the muscles on either side of the spine, never directed toward eyes or open wounds.	5 minutes per point, 3-6 points.
Horse - tendon/muscle	Several points along the assessed structure. Use an assistant and reliable eye protection.	A veterinarian/animal physiotherapist should define the protocol.
Postoperative area	Around, not in, a fresh wound unless the veterinarian has instructed otherwise.	Only on veterinary advice.

PART 8

Contraindications and precautions

Do not use without medical clearance

Condition	Recommendation
Pregnancy	Do not treat the abdomen, pelvis or lower back. The manufacturer lists pregnancy as a contraindication.

Condition	Recommendation
Diabetes	The original manual lists diabetes as a contraindication, although PBM has been studied in diabetic conditions. Follow the product labelling and obtain medical approval.
Pacemaker or other implant	The manufacturer advises against use with a pacemaker. Do not treat the chest/heart area; obtain approval from the treating physician.
Cancer or suspected tumour	Do not treat directly over a known or suspected tumour or an unexplained lump. PBM in cancer care is a specialist field.
Bleeding or coagulation disorder	Do not treat an actively bleeding area or use the device without medical advice.
Epilepsy, light-induced rash or photosensitivity	Avoid use without medical assessment. Also check medicines and skin products that may cause photosensitivity.
Sunburned, recently tanned or irritated skin	Wait until the skin has returned to normal and avoid additional sun exposure after treatment.
Children	Only after assessment and under direct responsible supervision. Never allow a child to operate the device alone.

Areas to avoid

- Eyes and eyelids.
- The front of the neck/thyroid area without professional guidance.
- Known or suspected tumours and unexplained lumps.
- Active bleeding, unresolved infection or a severe skin reaction.
- Testicles, the pregnant uterus and other highly sensitive areas without a medical indication.
- Head/brain, the carotid area and major blood vessels without a specialist protocol.

Possible reactions

Treatment is usually painless. Some people may experience mild warmth, redness, tiredness or a temporary change in pain. The current product page also contains a user report of a temporary increase in pain; the manufacturer recommends reducing treatment time and intensity in that situation. Stop treatment if the reaction is persistent or substantial.[1]

PART 9

Cleaning, charging and storage

Cleaning after each user

- Switch off the device and disconnect the charger.
- Wipe the exterior with a soft cloth lightly moistened with a mild, neutral cleaning solution.
- Gently clean the treatment window with a lint-free cotton pad lightly moistened with 70% isopropyl alcohol. Do not pour liquid onto the device.
- Do not use solvents, petrol, abrasive cloths or sharp objects.
- Allow everything to dry completely before use or storage.

Charging and battery care

- Use a 5 V / 2 A adapter and an undamaged USB-C cable.
- Charge on a dry, ventilated, non-combustible surface. Do not cover the device while charging.
- The original manual recommends long charging periods for the first three charges. Follow the charge indicator and disconnect the charger when the battery is full.
- During long-term storage, charge the battery at least every 4-6 months.
- Stop using and charging the device if the battery swells, smells unusual, becomes abnormally hot or deforms the housing.

Storage and transport

- Store in a dry, dust-free place away from direct sunlight and high temperatures.
- Protect the treatment window from scratches and hard objects.
- Avoid shocks, strong vibration, rain and snow during transport.
- Do not dismantle the device. Internal servicing must be performed by authorised personnel.

PART 10

Troubleshooting

Problem	Possible cause	Solution
The device does not switch on	The power button was not held long enough, or the battery is depleted.	Hold the button for 2 seconds. Charge with 5 V / 2 A until the battery is full.
The red light appears weak or invisible	Low intensity, pulsed mode, contamination on the window or a fault. 808 nm is always invisible.	Clean the window and check the intensity and mode. Never look into the window to check 808 nm. Contact service if a diode fault is suspected.
The device becomes warm	Long session, high room temperature or a technical fault.	Stop, switch off and allow the device to cool. Do not continue if it becomes abnormally hot again.
The timer starts at 5 minutes although the manual states 15 minutes	Different firmware or product generation.	Follow the display on your device. Set the required time before each session.
Settings are not stored as expected	The memory function varies between versions.	Check time, mode and intensity before every session.
The display, housing or treatment window is cracked	Mechanical damage.	Stop using the device immediately and contact the retailer/service department.
No improvement after several sessions	Incorrect diagnosis, incorrect placement, or an insufficient or excessive dose.	Do not increase the dose indiscriminately. Reassess with a qualified practitioner and review the protocol.

! Never test the laser with your eyes

Invisible 808 nm radiation can injure the eye. Never look into the laser.

Frequently asked questions

1. What is cold laser therapy?

A form of photobiomodulation in which red and near-infrared laser light is used to influence cellular signalling, pain, inflammation and tissue repair. It is non-surgical and should not normally heat tissue in the way a surgical laser does.

2. What is the difference between PowerCure Pro and PowerCure Pro Vet?

According to the current official product page, the hardware, wavelengths, output, modes and performance are identical. Separate product names are used to explain human and veterinary applications. The same device can be used for people and animals when hygiene, eye protection and appropriate professional assessment are observed.[3]

3. How does PowerCure Pro work?

The device delivers 650 nm and 808 nm laser light into tissue. Light absorption may influence mitochondria, ATP production, nitric oxide and redox signalling, thereby modulating local repair and inflammatory processes. Clinical benefit depends on the correct diagnosis and dose.

4. What symptoms or conditions may the device be used for?

The manufacturer describes applications for pain, inflammation, muscle and tendon injuries, joint problems, sports-related injuries and some nerve-related complaints. The evidence varies between conditions, and the device must not be used to make a diagnosis.

5. Is PowerCure Pro safe?

Photobiomodulation generally has a favourable safety profile when used correctly. PowerCure Pro is nevertheless a Class 3B laser, so eye protection, contraindications, correct dosing and safe positioning are essential. It is misleading to describe it as completely risk-free.

6. Is the treatment painful?

Usually not. You may feel mild warmth or nothing at all. Burning, intense heat or increasing pain are signals to stop.

7. How long does a session take?

The current product page describes sessions ranging from a few minutes to approximately 30 minutes, while the original manual provides timer settings from 15 to 60 minutes. Use shorter periods per point and distribute a longer timer setting across several points.

8. How many sessions are needed?

Some people notice a change after a few treatments, while chronic conditions often require repeated sessions over 1-3 weeks. Reassess after 6-12 sessions; lack of benefit may reflect an incorrect diagnosis, dose or placement.

9. What are the advantages of treatment?

It is non-invasive, drug-free and usually painless. It can be used as an adjunct to exercise, physiotherapy and other treatment. These advantages should be weighed against the time, cost and uncertainty of the evidence for the condition being treated.

10. Which parts of the body can be treated?

Muscles, tendons and joints in the neck, shoulder, back, elbow, hand, hip, knee, ankle and foot may be suitable. The eyes, front of the neck/thyroid, tumours and other contraindicated areas must be avoided.

11. Can it be used for chronic pain?

Yes. PBM is often used as supportive treatment for chronic muscle and joint pain. Its effect depends on diagnosis and dose, and chronic pain should be addressed through a broader plan that includes activity, sleep, strength and medical assessment.

12. Can it be used during sports rehabilitation?

Yes, particularly as an adjunct for pain and local recovery. A recent meta-analysis found pain relief in injured athletes but did not demonstrate a clearly faster return to sport.[11]

13. How long do the effects last?

This varies. Some users experience short-term pain relief, while studies in certain conditions show effects that may persist for weeks after a treatment series. Lasting benefit often also depends on load management and rehabilitation.

14. Should the device touch the skin?

The manufacturer's FAQ recommends bare skin and light, perpendicular contact; a distance of up to approximately 1 cm may be used for hygiene reasons. Do not press hard. With thick fur, position the light close to the skin.

15. Should I hold the device still or move it?

For point treatment, keep it stationary over the recommended points. With the massage lens, it may be moved slowly back and forth over a defined area.

16. Should I use CW or Pulse?

The manufacturer recommends CW as the first choice and for superficial areas, and Pulse for deeper or nerve-related complaints. Because the pulse frequency and duty cycle are not stated, test systematically and record the response.

17. Can I treat several areas on the same day?

Yes, but begin with one or two areas so that you can interpret the response. Long sessions over many areas can make the dose difficult to control.

18. Can PBM be combined with medication and physiotherapy?

It is often used as an adjunct, but do not change medication or delay necessary treatment. Tell your doctor or therapist that you are using the device, especially if you take photosensitising medicines or have cancer, a pacemaker or another contraindication.

19. Can it be used on open wounds?

PBM is studied for wound healing, but open or infected wounds require medical/veterinary assessment, sterile technique and a specific protocol. Do not place a non-sterile treatment head directly in the wound.

20. Are the highest intensity and longest time best?

No. PBM often has an optimal dose window. An excessive dose may reduce benefit or cause irritation. Increase only one parameter at a time.

21. Why can I not see all the lasers?

808 nm is near-infrared and invisible to the eye. The visible red diodes are not a reliable indicator of total output.

22. What should I do if pain increases?

Pause treatment. If the reaction is mild and short-lived, you may later try half the time or a lower intensity. Stop treatment and have the diagnosis reassessed if the worsening is clear or persistent.

23. Can children use PowerCure Pro?

Not independently. Use in children should be medically justified and performed by, or in consultation with, qualified healthcare personnel with strict eye protection.

24. Do I need laser glasses even when the device is against the skin?

Yes. The device may be lifted, angled or reflected unintentionally. Everyone in the treatment area must be protected.

Brief summary of the scientific evidence

PBM research includes many different lasers and LED devices, doses, wavelengths and treatment protocols. Results cannot therefore be transferred directly to PowerCure Pro. The table below summarises several relevant systematic reviews.

Condition	Summary finding	Interpretation for the user
Knee osteoarthritis	Meta-analyses have reported short-term improvements in pain, stiffness and function, particularly when appropriate doses were used.[6]	May be tried as an adjunct to exercise and standard care, but it is not a cure for osteoarthritis.
Neck pain / myofascial pain	Several reviews report pain reduction, but heterogeneity and differences in study design create uncertainty.[7,8]	Use within a structured plan that also addresses ergonomics, strength and movement.
Tendinopathy and plantar fasciitis	One review found reductions in pain and disability over the short and medium term; doses consistent with WALT recommendations produced better results.[9]	Combine with graded loading and exercise. Long-term benefit is less certain.
Non-specific low back pain	A systematic review found no meaningful reduction in pain or disability.[10]	Avoid exaggerated claims. Low back pain requires assessment, activity and rehabilitation.
Injured athletes	PBM reduced pain in one meta-analysis but did not clearly accelerate return to sport.[11]	May support symptom management, but does not replace progression testing or rehabilitation.
Wounds and skin	Positive studies exist, but benefit is specific to dose and condition.	Open wounds should be treated according to a professional protocol, not as routine home treatment.
Nerve-related conditions	Research is promising in some conditions but is not consistent.	The face, head and serious neurological symptoms require professional follow-up.

WALT and dose

The World Association for Photobiomodulation Therapy publishes dose recommendations for 780-860 nm in several musculoskeletal conditions. The recommendations specify joules per point, but an exact translation to PowerCure Pro requires measured power at the skin, treatment area and pulsed duty cycle - information that is not fully stated in the manual.[4]

Treatment log

Complete one row for each treatment area. Assess both the immediate response and the reaction the following day.

Date	Area	Mode / intensity	Time / points	Pain before-after	Reaction next day

Date	Area	Mode / intensity	Time / points	Pain before-after	Reaction next day

Sources and references

1. PowerCure Pro User Manual. Smart Handheld Laser Device. Manufacturer's manual, 12 pages. Specifications, safety, operation, maintenance and troubleshooting.
2. PowerCure Europe. Frequently Asked Questions. Manufacturer guidance on skin contact, CW/Pulse, treatment time and general contraindications. Accessed 27 July 2026.
3. PowerCure Official Store. PowerCure Pro and PowerCure Pro Vet product pages and FAQ. Information stating that the Pro and Pro Vet use identical hardware. Accessed 27 July 2026.
4. World Association for Photobiomodulation Therapy (WALT). Recommended treatment doses for 780-860 nm low-level laser therapy and updated dose recommendations.
5. Huang YY, Chen ACH, Carroll JD, Hamblin MR. Biphasic dose response in low level light therapy. Dose Response. 2009;7(4):358-383. PMID 20011653.
6. Rayegani SM et al. Safety and effectiveness of low-level laser therapy in patients with knee osteoarthritis: a systematic review and meta-analysis. J Lasers Med Sci. 2017. PMID 29071029.
7. Chow RT et al. Efficacy of low-level laser therapy in the management of neck pain: systematic review and meta-analysis. Lancet. 2009;374:1897-1908. PMID 19913903.
8. Tehrani MR et al. Efficacy of low-level laser therapy in myofascial neck pain syndrome: systematic review and meta-analysis. Lasers Med Sci. 2022;37:3333-3341. PMID 35962884.
9. Naterstad IF et al. Efficacy of low-level laser therapy in lower extremity tendinopathy or plantar fasciitis: systematic review and meta-analysis. BMJ Open. 2022;12:e059479. PMID 36171024.
10. Tomazoni SS et al. Photobiomodulation therapy does not decrease pain and disability in people with non-specific low back pain: a systematic review. J Physiother. 2020;66:155-165. PMID 32680739.
11. Morgan RM et al. Effects of photobiomodulation on pain and return to play of injured athletes: systematic review and meta-analysis. J Strength Cond Res. 2024;38:e310-e319. PMID 38781474.
12. de Freitas LF, Hamblin MR. Proposed mechanisms of photobiomodulation or low-level light therapy. IEEE J Sel Top Quantum Electron. 2016;22(3). General review of proposed mechanisms.

Document status

This expanded English guide was prepared for Uno Vita AS based on available manufacturer documentation and publicly available research literature as of 27 July 2026. If this guide differs from the product label or the original manufacturer manual, follow the strictest safety instruction and the current product labelling.