Many studies show that PBM can assist in athletic performance:

- Provides an advantage in sports performance (Massachusetts General Hospital, Harvard Medical School, Harvard-MIT Division of Health Sciences and Technology, Universidade do Sagrado Coração)
- The effectiveness in improving muscle performance and recovery suggest applicability for high performance sports and in training programs (Harvard Medical School, Massachusetts General Hospital, Harvard-MIT Division of Health Science and Technology, Federal University of Sao Carlos, University of São Paulo)
- Improves performance and accelerates recovery of high-level rugby players (Universidade Nove de Julho, Vrije Universiteit Amsterdam, Universidade Cidade de São Paulo)
- Significantly reduced return-to-play in injured university athletes (Lehigh University)
- Twin exposed to PBM performed better than twin not exposed in terms of reduced muscle damage, pain, and atrophy, increased muscle mass, recovery, and athletic performance (Harvard Medical School, Harvard-MIT Division of Health Sciences and Technology, Massachusetts General Hospital, Federal University of São Carlos, University of São Paulo)
- Accelerates post-exercise recovery (University of Bergen,, University of Caxias do Sul, University of São Paulo)
- Improves muscular performance and accelerates recovery if applied before exercise (University of Bergen, Universidade Nove de Julho)
- Improves muscle performance, reduces muscle fatigue during exercises and benefits muscle repair(Massachusetts General Hospital, Federal University of São Carlos)
- Enhances physical performance, stamina, and provides prophylactic benefits to skeletal muscle(University of Florida)
- Decreases muscle injury (Tel-Aviv University)
- Helps all phases of muscle recovery process, including anti-inflammatory, antioxidative properties and bio-stimulation (University Paulista, Methodist University of São Paulo)
- Reduces loss of strength after resistance exercise, may be beneficial for improving muscle function during rehabilitation after musculoskeletal injury (University of Calgary, University of Florida, Troy University)
- Promotes mucle regeneration (Massachusetts General Hospital, Harvard Medical School, Harvard-MIT Division of Health Sciences and Technology, Federal University of São Carlos, Universidade de São Paulo)
- Promotes skeletal muscle regeneration and accelerates tissue repair (Soochow University, Fudan University, South China Normal University)

- May modulate metabolic and renal function to achieve better performance (Harvard Medical School, Massachusetts General Hospital, Harvard-MIT Division of Health Science and Technology, Federal University of Sao Carlos, University of São Paulo)
- Significantly increases performance, decreases muscle soreness, and reduces to skeletal muscle damage (Universidade Nove de Julho)
- Decreases muscle fatigue (Nove de Julho University)
- Reduces muscle inflammation (Universidade Luterana do Brasil)
- Helps with Achilles heel (University of Bergen)
- Strenghtens knee muscles and quickens recovery from exercise (Universidade Federal de Ciências da Saúde de Porto Alegre, Brazil)
- Assists with muscle fatigue and muscle injury (Harvard University, Federal University of São Carlos)

Increases Testosterone

Studies from North Carolina State University, U.S. National Cancer Institute, College of Medical Sciences in Nepal, NRS Medical College and Dankook University, and the Wallace Memorial Baptist Hospital show that PBM may significantly increase testosterone levels in males.

Helps Prevent Macular Degeneration

- Studies from the State University of New York, University of Wisconsin at Milwaukee, and Austalian National University show that PBM can help reduce macular degeneration and other causes of blindness

Good for the Skin

- It's good for the skin (Massachusetts General Hospital, Harvard Medical School, Harvard-MIT Division of Health Sciences and Technology, Defence Institute of Physiology & Allied Sciences, India, Aripam Medical Center, Israel):

> "*In dermatology, LLLT has beneficial effects on wrinkles, acne scars, hypertrophic scars, and healing of burns. LLLT can reduce UV damage both as a treatment and as a prophylaxis. In pigmentary disorders such as vitiligo, LLLT can increase pigmentation by stimulating melanocyte proliferation and reduce depigmentation by inhibiting autoimmunity. Inflammatory diseases such as psoriasis and acne can also benefit.*"

- Stimulates, heals and restores skin (Harvard Medical School, Massachusetts General Hospital)
- Protects skin against wrinkles (Dankook University, Yonsei Wonju College of Medicine)
- Reduces wrinkles (Medical Light Consulting, Heidelberg, Germany, International GmbH, Windhagen, Germany)
- Helps in healing wound from Staph infection (Baqiyatallah University of Medical Sciences)

- Speeds healing of diabetic wounds (King Faisal Specialist Hospital and Research Centre)
- Hastens wound healing by promoting fibrous tissue, epidermal and endothelial cell proliferation(Chinese Academy of Medical Sciences, Peking Union Medicine College)

Photobiomodulation therapy (PBMT) improves performance and accelerates recovery of high-level Rugby players in field test: A randomized, crossover, double-blind, placebo-controlled clinical study.

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Using Pre-Exercise Photobiomodulation Therapy Combining Super-Pulsed Lasers and Light-Emitting Diodes to Improve Performance in Progressive Cardiopulmonary Exercise Tests.

CONTEXT: Skeletal muscle fatigue and exercise performance are novel areas of research and clinical application in the photobiomodulation field, and positive outcomes have been reported in several studies; however, the optimal measures have not been fully established. OBJECTIVE: To assess the acute effect of photobiomodulation therapy (PBMT) combining superpulsed lasers (low-level laser therapy) and light-emitting diodes (LEDs) on muscle performance during a progressive cardiopulmonary treadmill exercise test. The combination of lasers and LEDs increased the time, distance, and pulmonary ventilation and decreased the score of dyspnea during a cardiopulmonary test.

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The effect of low-level laser therapy on oxidative stress and functional fitness in aged rats subjected to swimming: an aerobic exercise.

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Effects of photobiomodulation on the fatigue level in elderly women: an isokinetic dynamometry evaluation.

Aging is responsible by a series of morphological and functional modifications that lead to a decline of muscle function, particularly in females. Muscle tissue in elderly people is more susceptible to fatigue and, consequently, to an increased inability to maintain strength and motor control. In this context,

therapeutic approaches able of attenuating muscle fatigue have been investigated. Among these, the photobiomodulation demonstrate positive results to interacts with biological tissues, promoting the increase in cell energy production. Thus, the aim of this study was to investigate the effects of photobiomodulation (808 nm, 250 J/cm2, 100 mW, 7 J each point) in the fatigue level and muscle performance in elderly women. Thirty subjects entered a crossover randomized double-blinded placebo-controlled trial. Photobiomodulation was delivered on the rectus femoris muscle of the dominant limb immediately before the fatigue protocol. In both sessions, peripheral muscle fatigue was analyzed by surface electromyography (EMG) and blood lactate analysis. Muscle performance was evaluated using an isokinetic dynamometer. The results showed that photobiomodulation was able of reducing muscle fatigue by a significant increase of electromyographic fatigue index (EFI) (p = 0.047) and decreasing significantly lactate concentration 6 min after the performance of the fatigue protocol (p = 0. 0006) compared the placebo laser session. However, the photobiomodulation was not able of increasing muscle performance measured by the isokinetic dynamometer. Thus, it can be conclude that the photobiomodulation was effective in reducing fatigue levels. However, no effects of photobiomodulation on muscle performance was observed.
Lasers Med Sci 2015 Dec 29

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