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## **INFORMED CONSENT FOR LIGHT THERAPY**

### **What is Light Therapy?**

**Polychromatic light therapy (PLT)** or simply **light therapy** uses multiple wavelengths/colors of light to stimulate biological processes inside the body.

PLT is delivered through diodes (LED) pads placed on your body where the light can penetrate to different depths inside the tissue and be absorbed into cells producing energy for repair and regeneration, improving blood circulation - one of the vital components of the healing process. The InLight Polychromatic Light devices that we use are **cleared by the FDA as Class 2 medical devices**.

### **What to expect from a Light Therapy session?**

The scope of my practice through the use of this Light Therapy system includes **temporary relief of pain, stiffness and muscle spasms** and to **temporarily increase local blood circulation** to improve the quality of life. You will feel a warm sensation on your body where the pad is placed. The most common side effects of light therapy include **headache, eye strain and nausea** especially for the people with a lower eye light threshold in general. To prevent that from happening, we provide special eye protection glasses with a shading rate of up to 90% that cause a darkening effect and block certain wavelengths of light.

### **Please answer the following questions:**

YES /  NO Do you have a history of epilepsy?

YES /  NO Do you have an active carcinoma or malignant tissue?

YES /  NO Do you have any area of active hemorrhage or active bleeding?

YES /  NO Are you pregnant or breastfeeding?

If your answer to any of the two questions above is 'YES', you should not proceed with light therapy.

