



# ARAGON EQUINE BODYWORK

## EXPLANATION OF THE REVITAVET™ LIGHT THERAPY SYSTEM:

### What is the Revitavet™ Light Therapy System?

RevitaVet™ is an industry leader in equine preventative maintenance and rehabilitation devices, and the Revitavet™ IR2 system is an L.E.D. Infrared light therapy device which has both preventative and rehabilitation uses.

On the preventative side, Revitavet™ can optimise the horse's ability to perform, can increase circulation, encourage formation of new capillaries and increase lymphatic system activity. As an illustration, when you know you have an issue – like a previously damaged tendon – or a hock joint that shows up narrow on an x-ray – you can reduce the risk of re-injury or damage by increasing the blood supply to the area prior to exercise. By increasing the blood supply to the area, you make it more pliable, flexible and less susceptible to tearing or straining. Further, Infrared therapy is sometimes used to optimize blood supply to soft tissues prior to exercise – you can reduce the risk of musculoskeletal damage – legally, humanely and without resorting to drugs.

On the rehabilitation side, Revitavet™ has been proven through extensive research in USA and Canada to significantly accelerate healing. Protocols include:

- Tendon and ligament injuries
- Wounds
- Infections including mud fever and thrush
- Lymphangitis
- Stimulation of acupressure points
- Provision of pain relief

Revitavet™ is commonly used as part of world class equine rehabilitation programs. For example, if the horse has an injury the machine kick starts the blood supply to the damaged area by widening the blood vessels; this promotes maximum healing activity at the site of injury, whilst simultaneously improving drainage and removal of the dead cells and waste products from the damaged tissues. Overall effect - Infrared therapy increases the body's ability to help itself – faster – and without drug therapy.

### **How is the Revitavet™ Light Therapy System applied to the horse?**

The machine is non-invasive and very easy to use; the light emitting pads are velcro-ed around the area to be treated for up to 15 minutes. The battery pack can be hand held or attached to a surcingle leaving the practitioner free to attend to other tasks. If the skin is broken or infected, cling film will be wrapped around the area first. The machine is battery pack driven and never powered by mains electricity while attached to the horse.

Different protocols require different wavelengths, although most soft tissues respond to near Infrared light around 630 nm and infrared light at around 880 nm.

Different tissues (skin, tendons, ligaments etc) respond to different frequencies, which is why there are 7 different frequency settings on the RevitaVet™ machine.

### **What are the benefits of the Revitavet™ Light Therapy System?**

The benefits include;

1. Stimulation of vasodilation
2. Increased lymphatic drainage
3. Increased tissue oxygenation
4. Increased cell proliferation
5. Increased migration of fibroblasts
6. Increased adenosine triphosphate production
7. Increased production of macrophages

### **Background to Infrared Light Therapy**

In the late 1960's, scientists discovered that Infrared light therapy stimulated living tissues – firstly they discovered it caused (shaven) hair to re-grow quicker than expected – and then through trials, the therapeutic benefits started to become apparent.

During the last 40 or so years, although the benefits and uses of Infrared light therapy have made major advances, it has struggled to be accepted in mainstream medicine. This is because, until the turn of the millennium, scientifically, no one really understood how it worked. Photobiology and photochemistry are relatively new subjects and it's only now that papers are being published which explain in detail how light therapy works. For a thorough explanation check out, [Mechanisms of low level light therapy](#).

Light therapy is currently being extensively researched in the USA (Harvard and NASA in particular) Recent applications discovered include the use of Infrared light combined with photosensitizing drugs to remove cancerous tumours, as described in this [NASA LED enhancement of cell growth abstract](#)

and although very much in its infancy, the [therapeutic effect of infrared light in the treatment of Parkinson's Disease](#)

Infrared light therapy has Food And Drugs (FDA) clearance for Carpal Tunnel Syndrome, healing of diabetic ulcers and pain relief from rheumatoid arthritis.

### **How does Infrared Light Therapy differ from Laser Therapy?**

Both Laser and Infrared Therapy machines are designed for Light Therapy treatment; delivering an optimum dose of pulsed light for therapeutic protocols; there the similarity ends. The light delivered by a Laser machine is emitted as a column, which directly targets a small area, with a very specific wavelength, and a high power energy output. Also the device is invariably hand held. The RevitaVet™ infrared therapy machine emits light over a broader range of wavelengths and the light is indirect (emerging at a 45° angle) so various protocols be targeted simultaneously, and over a much larger area. This makes it far more versatile. The peak power output is much lower than that of a Laser – although the total energy delivered would be the same – this means that the delivery is gentler – and safer. The light energy is delivered with a 'hands free' unit from a much larger 'head' enabling large areas to be treated quickly and easily. The desired outcome is the same for both machines. Fundamentally, photons of light enter the body and are either diffused away or absorbed by living tissues at a molecular level. They convert to electrons, which then stimulate cell respiration. Increased cell respiration optimises a body's ability to heal itself naturally.

### **Is Revitavet™ the same as an Infrared heat lamp?**

No. It is very important to note that Infrared light therapy is NOT heat therapy. No artificial heat is produced so do not confuse the Revitavet™ machine with Infrared heat lamps.

### **Contraindications**

#### **Revitavet™ USA advises:**

....."As with all electronic devices, the effects of **Infrared light therapy** with the following conditions is unknown and should not be used on the following contraindications:

- **Pregnancy** - Do not apply light therapy directly over the womb during the gestation period if animal is pregnant.
- **Cancer** - Do not apply light therapy over areas where an active cancer is present.....".

Aragon believes caution is advisable in the case of the following:

- Use around the eyes – please discuss with Aragon and obtain veterinary clearance
- Where the animal has any thyroid or photosensitivity condition – please discuss with Aragon and obtain veterinary clearance
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**CONSENT AND RELEASE:**

I am the owner or (as the case may be) authorized signatory with capacity to legally bind the owner of the horse named on the Intake Form (the "Horse") and I hereby consent to Aragon Equine Bodywork LLC ("Aragon Equine") using the Revitavet™ Light Therapy System ("Revitavet™") on the Horse on the date hereof and on any subsequent appointment date which shall be agreed with Aragon Equine by email or text. This Consent shall be valid on and from the date hereof and shall continue in force until revoked by me by email or text to Aragon Equine, receipt of which shall be acknowledged by Aragon Equine. I hereby acknowledge that the use of the Revitavet™ on the Horse shall be subject to the Terms and Conditions set out in the Intake Form. Further, I hereby acknowledge that I have provided to Aragon Equine general and medical information about the Horse (which information is accurate and up to date to the best of my knowledge and belief) which is set out in the Intake Form prepared, dated and signed by me. I confirm my answers to those questions are accurate and up to date to the best of my knowledge and belief. Further, I hereby acknowledge I have read the Section "Contraindications" above and I confirm the Horse has no condition or disease mentioned in that Section and/or I have obtained all requisite veterinary clearances.

**I UNDERSTAND THAT LIGHT THERAPY IS NOT A SUBSTITUTE FOR VETERINARY MEDICINE. I UNDERSTAND THAT EQUINE BODYWORK/LIGHT THERAPY PRACTITIONERS ARE NOT TRAINED IN THE DIAGNOSIS AND TREATMENT OF DISEASE. BY SIGNING THIS FORM AND BY REQUESTING ARAGON EQUINE BODYWORK LLC TO USE THE REVITAVET™ LIGHT THERAPY SYSTEM ON THE HORSE, I HEREBY AGREE AND REPRESENT TO ARAGON EQUINE BODYWORK LLC THAT I HAVE OBTAINED ALL NECESSARY VETERINARY CLEARANCES AND I WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL RIGHTS AND CLAIMS AGAINST ARAGON EQUINE BODYWORK LLC, ITS MANAGING MEMBER(S), MEMBER(S), OFFICERS, AGENTS AND REPRESENTATIVES FOR INJURY AND DAMAGES WHICH MAY ACCRUE TO THE HORSE OR ANY OTHER PERSON OR PERSONS AS A RESULT OF THE SERVICES PERFORMED.**

**SIGNATURE:**

Owner signature: .....

Date: .....

**ACKNOWLEDGEMENT OF RECEIPT:**

Aragon Equine Bodywork LLC signature: .....

**Kay Wharton - Member**

Date: .....