



Supporting Mature Women's Health with Photobiomodulation (PBM) Therapy

Introduction

As women age, particularly after menopause, they face a distinct set of health challenges that often include chronic pain, hormonal decline, musculoskeletal degeneration, and neurological conditions. These changes not only affect quality of life but also increase dependence on medications with undesirable side effects.

Photobiomodulation (PBM) offers a non-invasive, drug-free solution that stimulates cellular repair, improves circulation, and reduces inflammation. PBM solutions through the SPRB, FEM, and PBM Yoga Mat, are all designed to support wellness in aging women.

Health Challenges in Older Women

Category	Common Conditions
Musculoskeletal Pain	Osteoarthritis, osteoporosis, low back pain, joint stiffness
Hormonal and Pelvic Issues	Vaginal atrophy, urinary incontinence, pelvic pain, postmenopausal discomfort
Neurological Pain	Neuropathy, postherpetic neuralgia, fibromyalgia
Sleep and Circulation Issues	Poor sleep quality, cold extremities, leg cramps
Mood and Cognition	Depression, anxiety, brain fog, postmenopausal fatigue

How PBM Helps Mature Women

PBM works by delivering specific wavelengths of red and near-infrared (NIR) light to tissues, stimulating mitochondrial activity. This increases cellular ATP production, reduces oxidative stress, increases blood flow and promotes anti-inflammatory effects.

Clinical Benefits of PBM for Mature Women:

- Reduced joint and muscle pain
- Improved vaginal and pelvic tissue health
- Enhanced circulation and lymphatic drainage
- Better sleep and reduced leg discomfort
- Support for mood, cognitive clarity, and hormonal balance

Device-Specific Protocols

1. SPRB

Compact, easy to use, portable and flexible for targeting specific painful or inflamed areas.

Applications:

- On top of the head (brain fog, sleep, depression)
- Behind the ears (for tinnitus, migraines)
- Over joints (knees, wrists, ankles)
- On the lower back or neck (for arthritis, neuropathy)

Protocol:

- Time: 15 minutes per area and up to 2 x per session
- Frequency: 1–3 times daily as needed
- Mode: Red light (660nm) or NIR (850nm) 50:50

2. FEM Device

Designed specifically for pelvic and abdominal wellness in women. Can be used to target larger areas of inflammation and pain such as the lower back.

Applications:

- Lower abdomen for uterine, bladder, and pelvic pain
- Inner thighs for lymphatic support
- Over the pubic bone for vaginal tissue stimulation

Protocol:

- Time: 15 minutes per area and up to 2 x per session
- Frequency: 1–3 times daily as needed
- Mode: Red light (660nm) or NIR (850nm) 1/3 : 2/3

3. PBM Yoga Mat

Full-body light therapy solution to promote systemic recovery and energy and enhance physical and mental health.

Applications:

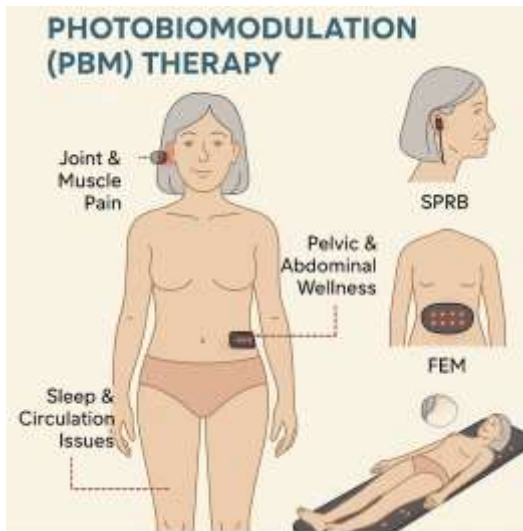
- Lay supine for whole-body exposure on top of the mat OR cover the body with the mat like a blanket. It is best if the user does not wear any clothing and has direct skin contact with the mat. If not possible then the use of minimal, thin, white and light clothing is recommended so allow maximal light transmission.
- Focus on entire body or wrap around spine, legs, or back as needed

CAN WRAP OVER THE HEAD FROM BEHIND if neural stimulation is desired, however do not directly cover over the eyes.

Protocol:

- Time: 15–30 minutes, ideally in the morning or before bed
- Frequency: Daily or at least 5 times per week

Device Placement Illustration



Conclusion

As women age, they face a unique constellation of physiological changes that can impact their comfort, mobility, hormonal balance, and overall well-being. Photobiomodulation (PBM) offers a non-invasive, drug-free modality that can support mature women in managing chronic pain, pelvic floor dysfunction, menopausal symptoms, fatigue, and reduced mobility. The targeted use of devices such as the **SPRB**, **FEM**, and **Therapeutic Yoga Mat** enables focused and systemic applications, supporting mitochondrial health, reducing inflammation, improving circulation, and promoting tissue repair.

By integrating PBM into daily wellness routines, mature women may experience improvements in pelvic tone, sleep quality, circulation, energy levels, and musculoskeletal comfort—factors essential to maintaining independence and quality of life. Current evidence and clinical observations support PBM as a valuable adjunct in the management of age-related concerns in women.

Disclaimer

The information provided in this document is for educational and informational purposes only. It is not intended as a substitute for professional medical advice, diagnosis, or treatment. Individuals should always consult with a licensed physician or qualified healthcare provider before beginning any new therapy, including the use of photobiomodulation (PBM) devices.

PBM devices such as the SPRB, GPRB and TYM are wellness tools designed to support general health and well-being. They are not medical devices and are not intended to diagnose, treat, cure, or prevent any disease or medical condition. No medical claims are made or implied. Results may vary based on individual factors, and PBM should not be considered a replacement for appropriate medical care.