



Northeast
EquiWellness

Light Therapy Cheat Sheet



Happy Hat

Tense Poll / TMJ Tension

- Best Setting: Red + Near-Infrared (1 button press)
- Mode: Continuous for acute tension, Pulsed for chronic or deeper tension.
- Usage: Ideal for horses who experience poll tightness or jaw tension.
- Time: 15-20 minutes, 1-2x daily.

Headache / Migraine Relief

- Best Setting: Red Light Only (2 button presses)
- Mode: Continuous
- Usage: Ideal for horses showing signs of head discomfort (head shaking, avoidance of touch). Bring forelock thru the hat above the front velcro strap. Horses with headaches may appreciate a looser fit.
- Time: 10-15 minutes as needed. Keep sessions short to avoid overstimulation.

Anxiety Reduction (Calming Before Transport or Competitions)

- Best Setting: Near-Infrared Only (3 button presses)
- Mode: Pulsed
- Usage: Apply before stressful situations such as traveling or competitions. The deeper light wavelength helps calm the nervous system by stimulating the parasympathetic response.
- Time: 20 minutes prior to the event or as needed for anxiety.

Upper Cervical Pain / Stiffness

- Best Setting: Red + Near-Infrared (1 button press)
- Mode: Pulsed for chronic pain, Continuous for acute pain.
- Usage: Beneficial for horses with stiff necks and sensitivity to touch.
- Time: 20 minutes, 1-2x daily.

Cervical Arthritis

- Best Setting: Near-Infrared Only (3 button presses)
- Mode: Pulsed for deep tissue stimulation, especially for chronic conditions.
- Usage: For horses with cervical arthritis or swelling/inflammation around the upper cervical vertebrae. Ensure mane is out of the way so light can penetrate.
- Time: 20-25 minutes, 1-2x daily.