

THOR TRAINING COURSE TIMETABLE

Time	Topic	Period
08:00	Registration, (breakfast provided)	30m
08:30	Start (introductions)	30m
09:00	What is Photobiomodulation, brief history, state of the art, potential future	30m
09:30	How does it work	30m
10:00	Regenerative effects (Evidence from RCTs)	30m
10:30	Anti-inflammatory effects (Evidence from RCTs)	20m
10:50	Break	30m
11:20	Anti-edematous effects (Evidence from RCTs)	15m
11:35	Analgesic effects, trigger points and chronic pain (Evidence from RCTs)	20m
11:55	Effects on health, wellness, strength endurance, recovery after exercise (RCT)	20m
12:15	Patient reports	30m
12:45	Lunch (provided)	45m
13:30	When PBM does not work	15m
13:45	Physics, dose and pulses	30m
14:15	Safety, contraindications, adverse effects	30m
14:45	Regulations, marketing, reimbursement	30m
15:15	How to treat	30m
15:45	Break	15m
16:00	Exam	30m
16:30	Hands on	30m
17:00	End	