Abundant Health Physical Medicine Explains Red Light Therapy

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DAVENPORT, IA - November 18, 2026 -
Abundant Health Physical Medicine is sharing educational guidance on how red light therapy is described and evaluated within its physical medicine practice, including the role of selected light wavelengths and the screening steps that precede a session. The guidance reflects the clinic?s current service information and a recent social post discussing medical-grade light therapy, and is intended to clarify the process rather than make claims about clinical outcomes.

The clinic?s website describes its red light service as a non-invasive modality using selected red and near-infrared wavelengths. It states that the treatment area, session length, and frequency are selected after reviewing health history, medications, light sensitivity, current concerns, and goals. The page also notes that sessions may be used independently or incorporated into a broader recovery or wellness plan, depending on the evaluation.

The clinic?s published process outlines an initial review, planning, a session using controlled light directed at the selected area, and a later reassessment of comfort and response. This sequence places screening and follow-up within the service description rather than presenting the modality as a uniform procedure for every

person.

?An explanation of the equipment is only one part of an informed discussion,? said Dr. Sinan Gocmen, D.C., chiropractor at Abundant Health Physical Medicine. ?The health history, medications, light sensitivity, and area being considered all belong in the conversation before a session is planned.?

The clinic?s recent social post addresses a point of confusion in public discussions of light-based services: the phrase red light is sometimes used broadly, even when devices and protocols differ. The post distinguishes red light from near-infrared and far-infrared wavelengths and notes that device settings and exposure procedures are part of session delivery. The clinic?s current website specifically identifies selected red and near-infrared wavelengths, so those are the categories reflected in its published service description.

The service page identifies photosensitizing medications, skin sensitivity, and active treatment as factors that should be reviewed before proceeding. It also states that the service does not replace diagnosis, urgent care, or medically necessary treatment. Suitability is determined only after a review of relevant health information.

?Light-based services should be discussed in the context of the person?s history and the purpose of the visit,? Dr. Gocmen said. ?A device description does not determine whether a service is appropriate. Screening and reassessment are part of the process, and unexplained or urgent symptoms require medical evaluation.?

The clinic?s broader service information places red light treatment among several regenerative and recovery services, including SoftWave therapy, mild hyperbaric oxygen therapy, spinal and cervical decompression, knee decompression, and Normatec compression. The website describes individualized planning based on symptoms, medical history, previous care, examination findings, and personal goals. The listed services are presented within an evaluation framework rather than as a single approach for every concern.

The clinic?s broader evaluation process begins with consultation and health-history review, followed by a physical evaluation that can include movement, posture, and orthopedic testing as appropriate. Its website describes recommendations as dependent on individual findings and goals. In that context, light-based services are discussed as one option within a wider care conversation, not as an automatic next step for every person.

Abundant Health Physical Medicine is an integrated physical medicine and wellness clinic based in Davenport, Iowa, serving the Quad Cities. The practice provides chiropractic services under Dr. Sinan Gocmen, D.C., alongside regenerative and recovery services described on its website. The website states that the clinic has served Davenport for more than 10 years. Its published approach emphasizes an individualized review of health history, current concerns, and examination findings when discussing available

care options.

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Abundant Health Physical Medicine

At Abundant Health Physical Medicine, we offer a patient-centered approach to neuropathy treatment at our clinic in Davenport, Iowa

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