

# PBM Workshop

Presented by  
**James & Karen  
Carroll**



March 21-22nd, 2025



Hotel Lago Maggiore,  
Locarno, Switzerland



## Ticinolaser Study Club is proud to announce a one-and-a-half-day Photobiomodulation (PBM) Workshop with James and Karen Carroll

James Carroll is the Founder and CEO of THOR Photomedicine and a recognised authority in PBM. He has authored 36 peer-reviewed academic papers on PBM, contributed to five scholarly books, and collaborated with over 60 research institutions, including NHS hospitals, St. Jude Children's Research Hospital, Harvard School of Public Health, Massachusetts General Hospital, MIT, Brigham and Women's Hospital, VA (military) hospitals, New York University, the University of Pennsylvania. His expertise includes PBM dosing, dose-rate effects, parameter measurement, and mechanisms of action.

James has held leadership roles, including Board Member of the World Association for PBM and Co-chair of the Biomedical Optics Society Conference on PBM Mechanisms (2009-2024). He has delivered briefings at the U.S. Congress, the White House, and the United Nations Global Health Impact Forum. James is also a Fellow of the Royal Society of Medicine.

His contributions have been recognised with the 2020 Presidential Commendation from the World Association for PBM Therapy and the 2021 T.H. Maiman Award for excellence in medical laser research.

James is also a co-founder and investor in Lumithera Inc., which developed the FDA approved PBM treatment for dry Age-related Macular Degeneration (AMD) treatment.

Karen Carroll, DO, ND, Dip.Paed.Ost, Fellow (Ed) SCCO is a practising Osteopath. Her college thesis was on Photobiomodulation.

Both James and Karen commenced their journey with Photobiomodulation in 1987. Karen was in clinical practice, and James was in developing the technology, studying and publishing papers

with Harvard Medical School on dose and mechanisms of action. Karen has supported THOR as clinical director, writing treatment protocols for the company's online treatment library and preparing clinical evaluation reports for regulatory authorities, including the FDA in the United States.

With the wealth of clinical and academic experience, this course will bring you the latest published material and decades of Photobiomodulation wisdom.

## AGENDA:

### Friday, 21 March

Introduction and up-to-date review of LLLT/Photobiomodulation for PBM

- 14:00 What is PBM, the history, the latest research news, and the exciting future ahead
- 15:00 Coffee Break
- 15:30 In-depth review of how PBM works
- 17:00 Welcome Apéro for all Participants in our TicinoLaser Once in Piazza Grande Locarno until 19:00

### Saturday, March 22

- 09:00 Welcome Coffee
- 09:30 Published clinical evidence on tissue repair, in lammation, oedema, analgesic effects (wounds, tendinopathies, joint pain, back and neck pain, neuropathic pain, dental pain, cancer therapy side effects)
- 11:00 Coffee Break
- 11:30 Wellness" and exercise/sports performance (strength, endurance and recovery)
- 12:30 Lunch
- 13:30 Physics & dose (Wavelength, power, irradiance, pulses, Joules, J/cm<sup>2</sup>, penetration, enough, too much) Safety, contraindications, adverse effects, regulations, reimbursement and investment return.
- 14:30 Coffee Break
- 15:00 Treatment plans (treatment time, intervals, total number of treatments, techniques)
- 16:00 Hands-on demonstration
- 17:00 End

Dinner with the group is optional and can be arranged during the Workshop.

The Friday afternoon introduction to PBM goes far beyond the basics. It dives into the many mechanisms, latest research, and future of PBM. This is essential knowledge for those who want to fully understand its impact. The Friday session will provide the scientific grounding needed to appreciate the advanced clinical applications covered on Saturday.

### **Prices:**

Workshop Friday and Saturday, incl. Lunch on Saturday and Coffee Breaks Workshop  
CHF 550.–

Just the Saturday, incl. Lunch and Coffee Breaks  
CHF 490.–

If you wish to participate, please email [info@ticinolaser.ch](mailto:info@ticinolaser.ch) to confirm whether you would like to attend the workshop or just Day 2 on Saturday.

### **Infos :**

[www.ticinolaser.ch](http://www.ticinolaser.ch)

### **Accommodation & Venue :**

Hotel Lago Maggiore, Viale Verbano 25,  
6600 Locarno Muralto  
[www.lagomaggiorehotel.ch](http://www.lagomaggiorehotel.ch),  
phone +41 91 601 18 00

### **Special room rates for participants :**

20% off the published prices on the hotel website with the promotional code "Ticinolaser2025" at booking time

