CONTINUOUS WAVES OF LIGHT

Using Photobiomodulation to stimulate cellular activity (p. 3-4)

EVERY “STARK” NEEDS A JARVIS

AI is no longer experimental in orthopedics and wound care. (p. 7-8,11-12)

AÍDA QUARTERLY

#05 QUARTER 04 ISSUE | 2025

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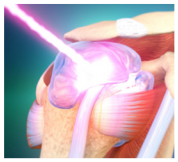
Quarter 04 ISSUE | 2025

AÍDA QUARTERLY

WRAPPING THIS YEAR UP WITH BRIGHT LIGHTS AND A.I. INSIGHTS

Continuous Waves of Light

A revolutionary solution for chronic pain, inflammation, and soft tissue issues. The CureWave laser is a high-powered, non-invasive therapeutic laser using



infrared wavelengths and continuous wave delivery. (p.3-4)

MD Spotlight - Dr. Desmond Bell DPM, CWS

Physicians That Are Changing Medicine - Quarter 04 2025

President and Founder of The Save a Leg, Save a Life Foundation - an organization dedicated to reducing the number of lower extremity amputations and improving the quality of life of our fellow citizens. (p.6)

Every "Stark" Needs a Jarvis

AI is no longer experimental in orthopedics and wound care. This piece explores how data-driven tools are already changing clinical decision-making, efficiency, and patient outcomes heading into 2026. (p. 7-8 + 11-12)

Source: lavior.com

PIONEERING ADVANCED WOUND CARE WITH NATURE & SCIENCE

Lavior Diabetic Hydrogel is an innovative solution for faster, more effective healing of diabetic wounds. This supercharged hydrogel wound dressing goes beyond moisture, tackling multiple diabetic wound concerns simultaneously for significantly improved recovery.

Their unique formula that includes their patented Inula AGS-RIED, mimics natural tissue, creating a moist environment that your body craves for optimal recovery. Lavior's gentle, hypoallergenic formula is safe for even the most sensitive diabetic skin.

Supported by clinical trials, endorsed by the *American Diabetes Association*, and *podiatrist-approved* - it's the trusted choice for effective wound care.

Supercharged Healing:
Contains powerful botanical agents to promote faster healing of diabetic wounds and healthier skin.

Healing & Repair:
Enhances wound healing and skin regeneration and also assists in autolytic debridement of wounds with necrotic tissue.

Moist Wound Environment:
Lavior gel keeps the wound moist while gently removing slough for optimum healing results.

Indications:
This hydrogel maintains a moist wound environment to treat diabetic wounds, cuts, abrasions, lacerations, and skin irritation. It absorbs wound exudate and protects the wound from abrasion, desiccation, and infection.

Scan the code to access Lavior's clinical publications, scientific posters, and selected case studies

Not only is it FREE to sign up and participate, but each session is also worth 1 hour of CME (up to 12.0 total hours over the entire year).

Accreditation

In support of improving patient care, this activity has been planned and implemented by CineMed and ler EXPO. CineMed is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

lerEXPO
ONLINE HEALTHCARE CONFERENCE

Physicians

CineMed designates this live regularly scheduled series for 12 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Podiatrist / Physicians

This activity has been planned and implemented in accordance with the standards and requirements for approval of providers of continuing education in podiatric medicine through a joint provider agreement between CineMed and ler EXPO. Cine-Med is approved by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. CineMed has approved this activity for a maximum of 12 continuing education contact hours.

Each presentation is approved for 1 Credit Hour (60 minutes of content). The series is approved for a total of 12 credits. Credits will be issued at the end of the series.

Source: woundtalk.lerexpo..com

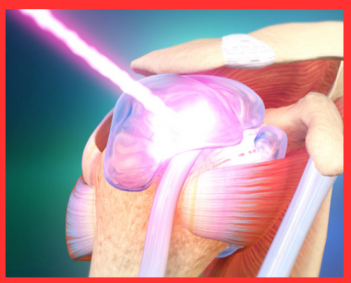
CONTINUOUS WAVES OF LIGHT

WHY CONTINUOUS WAVE LASER THERAPY IS CHANGING PAIN & RECOVERY CARE

ORTHOPEDIC AND WOUND-CARE PRACTICES ARE ALWAYS SEARCHING FOR TREATMENTS THAT HELP PATIENTS HEAL WHILE KEEPING CARE NON-INVASIVE AND WORKFLOW FRIENDLY.

IN RECENT YEARS, LASER THERAPY HAS BECOME A CROWDED SPACE. CLINICS ARE PRESENTED WITH COUNTLESS OPTIONS, ALL PROMISING FASTER HEALING, LESS PAIN, AND BETTER OUTCOMES. YET NOT ALL LASERS ARE CREATED EQUAL — AND ONE OF THE MOST IMPORTANT DISTINCTIONS IS HOW ENERGY IS DELIVERED TO THE TISSUE.

THIS IS WHERE CONTINUOUS WAVE LASER THERAPY, AND SPECIFICALLY THE CUREWAVE LASER, STANDS APART.



UNDERSTANDING PHOTOBIOMODULATION

Source: curewavelasers.com

LASER THERAPY WORKS THROUGH A PROCESS CALLED PHOTOBIOMODULATION (PBM) — THE USE OF SPECIFIC WAVELENGTHS OF LIGHT TO STIMULATE CELLULAR ACTIVITY. WHEN ABSORBED BY THE MITOCHONDRIA, LIGHT ENERGY INCREASES ATP PRODUCTION, IMPROVES CIRCULATION, REDUCES INFLAMMATION, AND ACCELERATES TISSUE REPAIR. IN SIMPLE TERMS, PBM HELPS CELLS WORK BETTER AND HEAL FASTER.

THE EFFECTIVENESS OF PBM, HOWEVER, DEPENDS HEAVILY ON HOW CONSISTENTLY AND EFFICIENTLY THAT LIGHT ENERGY IS DELIVERED.

Continuous Wave vs. Pulsed Lasers

Many therapeutic lasers on the market rely on pulsed technology, delivering energy in rapid on-and-off bursts. While this can help manage surface heat, it also means cells receive intermittent stimulation, which may limit the depth and efficiency of treatment.

CureWave uses high-powered, pure continuous wave (CW) technology, delivering a steady, uninterrupted stream of therapeutic energy. This allows for deeper tissue penetration and consistent cellular stimulation without the heat spikes often associated with high-powered pulsed systems.

What Makes CureWave Different

CureWave's patented and proprietary technology was engineered specifically to maximize therapeutic energy delivery while maintaining patient comfort and safety. Its continuous wave design disperses energy evenly across tissues, allowing clinicians to treat larger areas efficiently — often in shorter sessions.

Key clinical advantages include:

- Deep tissue penetration without surface heating
- Comfortable, non-invasive treatments with no downtime
- Efficient coverage of large anatomical areas
- Consistent cellular stimulation that supports faster recovery

Rather than relying on robotics or complex pulse algorithms, CureWave prioritizes effective energy delivery, giving clinicians greater control and patients a more comfortable experience.

Candyce McGrone Testimonial

Where CureWave Fits Best

CureWave is particularly well-suited for:

- Orthopedic and sports medicine practices
- Physical therapy and rehabilitation clinics
- Pain Management
- With potential in Wound Care/Podiatry

In these settings, outcomes matter. CureWave supports faster recovery timelines, improved mobility, and non-pharmacologic pain management — all while integrating seamlessly into existing treatment plans.

Fighting Back Against The Opioid Crisis With Laser Therapy

The AÍDA Perspective

At AÍDA Medical Consultants, we evaluate technologies not by buzzwords, but by clinical value, safety, and long-term impact on practice efficiency. CureWave represents a thoughtful advancement in laser therapy — not because it does more, but because it does one thing exceptionally well.

And in healthcare, that focus matters.

UNDER THE SCOPE

BIOLAB SCIENCES>

BIOLAB INVESTS IN CAP

BioLab Holdings, Inc., a Phoenix-based medical manufacturer specializing in wound care products, is proud to announce its strategic investment and commercialization partnership with terraplasma MEDICAL GmbH, a German company pioneering the development of plasmapax®, a portable cold atmospheric plasma (CAP) device. Terraplasma medical's patented technology offers a solution for antimicrobial treatment in wound care, dermatology, and podiatry.

Source: finacnce.yahoo.com

Terraplasma medical is currently MDR-approved in Europe and is actively pursuing FDA 510(k) clearance in the United States.

CLYRA >

COPPER & IODINE VS BIOFILM

ViaCLYR is a highly effective, tissue safe, long-acting wound irrigation solution that can be used for acute and chronic wounds and burns, with no need to rinse out throughout the entire procedure.

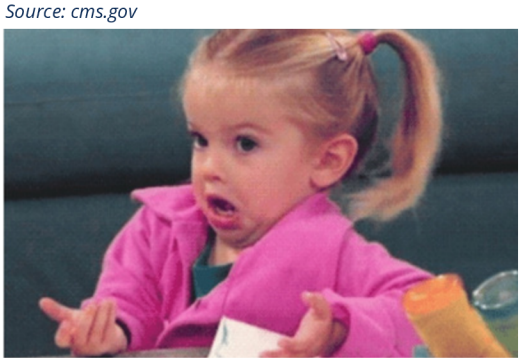
This unique, clear, odorless, non- irritating solution is 510(k) cleared by the FDA and indicated for acute and chronic wounds.

Extremely high antimicrobial activity as a preservative in solution: >99.9999% kill rate (>6 log reduction) with sustained efficacy up to 3 days.

ViaClyr will be available early 2026.

Source: clyramedical.com

Source: cms.gov



CMS >

FINAL LCDS FOR CERTAIN SKIN SUBSTITUTES WITHDRAWN

Effective immediately, CMS' A/B Medicare Administrative Contractors (MACs) are withdrawing the Local Coverage Determinations (LCDs) for Skin Substitute Grafts/Cellular and Tissue-Based Products for the Treatment of Diabetic Foot Ulcers and Venous Leg Ulcers that were scheduled to become effective on January 1, 2026.

PHYSICIANS THAT ARE CHANGING MEDICINE

Physician Spotlight - Dr. Desmond Bell DPM, CWS

Dr. Desmond Bell is the Founder and President of "The Save A Leg, Save A Life" Foundation, a multi-disciplinary non-profit organization dedicated to the reduction in lower extremity amputations and improving wound healing outcomes through education, evidence based methodology and community outreach.

With over 25 years of clinical experience in wound management and amputation prevention, he founded DP Bell Consulting, providing services for companies and clinical research organizations that focus on wound management therapies.

He was instrumental in the development of the technological platform that evolved into Omeza, a med tech and consumer healthcare company, and served as Chief Medical Officer. He is also an advisor to MD Coaches as well Arche Healthcare.

DR. DESMOND BELL

Dr. Bell was awarded the Frist Humanitarian Award by Specialty Hospital Jacksonville for 2009 and Memorial Hospital Jacksonville in 2018. He is a Board Certified Wound Specialist (CWS) having served on the Board of Directors of the American Board of Wound Management for 6 years and presently serving on the Board of the American Board of Wound Management Foundation.

He is a Fellow of the Faculty of Podiatry, The Royal College of Physicians and Surgeons of Glasgow.

Dr. Bell has published numerous articles primarily pertaining to wound management and lower extremity amputation prevention and has served as an Editorial Board Member for the publication "Today's Wound Clinic" since its inception. He is nationally recognized speaker, with regular faculty roles at AMP, ASCENT and Modern Wound Care Management.

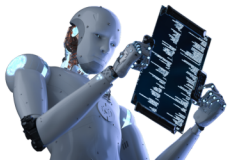
Sources: linkedin.com/in/desbell/

EVERY "STARK" NEEDS A JARVIS

HOW AI WILL TRANSFORM ORTHOPEDIC AND WOUND CARE OUTCOMES IN 2026

HEALTHCARE IS EVOLVING.

For orthopedic surgeons and wound-care specialists, the next frontier isn't a new drug or surgical implant—it's **artificial intelligence**. As we approach 2026, AI promises not just faster workflows, but smarter decisions, better consistency, and measurable outcomes across care episodes. In this article, we explore how AI will integrate into everyday clinical practice and *what providers must do now to prepare.*



1. FASTER, STRONGER, SMARTER DOCUMENTATION

Clinicians spend an enormous portion of their day on documentation. In wound care and orthopedics, detailed notes, measurements, and justification are essential—not only for quality care but for reimbursement.

A key shift is underway with models like **CMS's WISeR** (**Wasteful and Inappropriate Service Reduction**) **model**, which uses AI and clinical review to assess claims rapidly. This puts a premium on standardized, objective clinical data (e.g., calibrated wound images and consistent measurements). AI tools help turn clinical interactions into structured, defensible records, reducing time spent typing and increasing confidence during audits.

WHAT THIS MEANS: AI TRANSFORMS DOCUMENTATION FROM A TIME-DRAIN INTO CLINICALLY MEANINGFUL EVIDENCE.

2. AMBIENT AI: YOUR VIRTUAL CLINICAL ASSISTANT

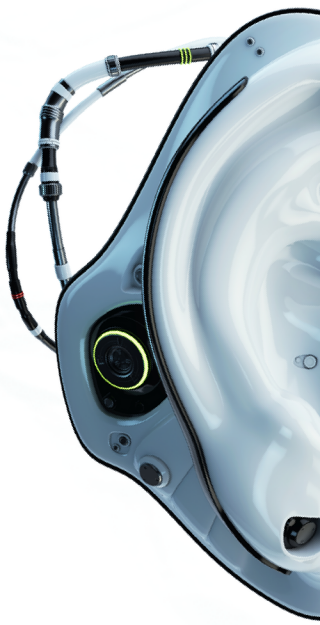
Imagine a clinical encounter where you talk with your patient, and your assistant automatically:

- Drafts a structured note
- Suggests relevant ICD-10 and CPT codes
- Integrates with the charting system

This is where **ambient AI scribes** (voice-driven assistants) like *Ekagra Health (.ai)* is headed. Companies in the space are building tools that listen, transcribe, and suggest accurate clinical documentation and billing codes—all within your workflow. Instead of typing narratives, clinicians can focus on patient interaction and care plans.

IN PRACTICE: A 30-MINUTE VISIT BECOMES A 30-MINUTE VALUE ENCOUNTER, NOT 30 MINUTES IN FRONT OF A KEYBOARD.

3. OBJECTIVITY IN WOUND ASSESSMENT

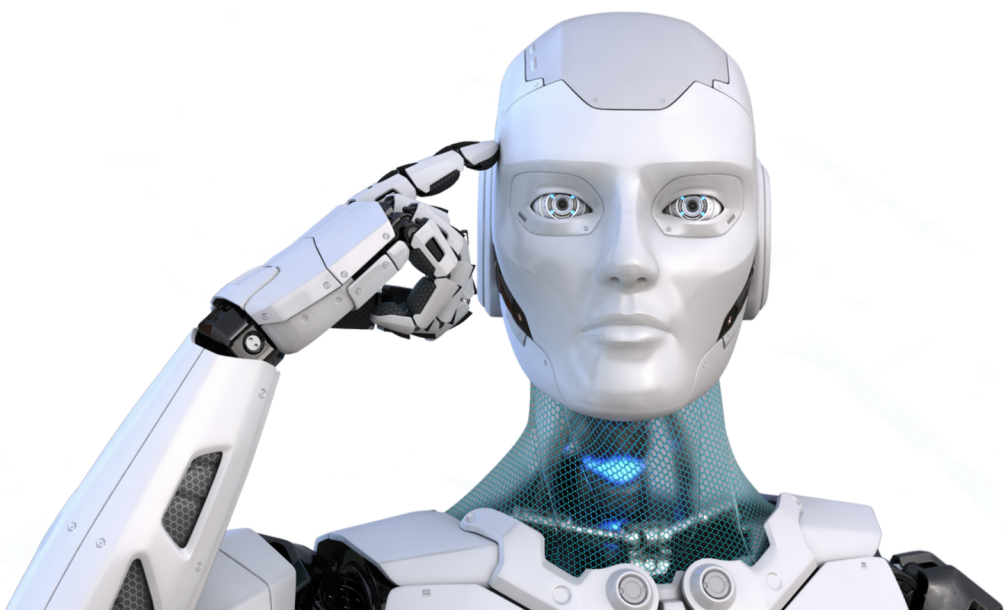


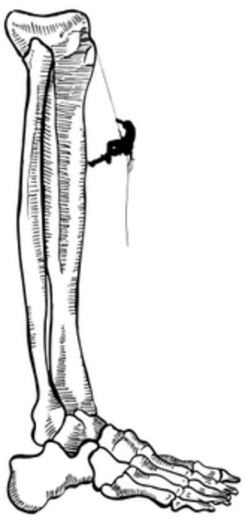
One of the biggest challenges in wound care is measurement inconsistency. Two clinicians may describe the same wound differently—but AI changes that.

AI-powered wound imaging uses calibrated photos and machine learning to measure size, tissue types, and healing progression with high repeatability. This objective readout does more than inform care; it provides the consistent data needed for reporting, billing, and trend tracking.

Standardized imaging also fuels research and helps trials generate real, reproducible evidence—making it possible to compare therapies more reliably than ever before.

BOTTOM LINE: AI BRINGS PRECISION WHERE HUMAN SUBJECTIVITY ONCE DOMINATED.





#4 CONT. ON PAGE 11

SUNDAY PAPERS

Promoting wound healing through artificial intelligence-powered dressing development

"By intelligently guiding testing, optimising material properties, and accelerating research and development, AI-powered technologies have the potential to transform wound care, making it more precise, cost-effective, and patient-centric. As these innovations continue to evolve, they will play a pivotal role in improving wound healing and related quality of life outcomes, and reshaping the future of wound management.

Artificial Intelligence in Wound Care Education: Protocol for a Scoping Review

We hope that integrating AI into wound care education will not only revolutionize the delivery of knowledge but also directly improve patient outcomes. By more effectively training healthcare professionals in wound care, AI can help better diagnose, treat, and manage wounds, ultimately improving the quality of patient care. This is consistent with the broader goals of health education, which focus on improving health outcomes and the standards of patient care.

GARLIC BUTTER CHICKEN & BROCCOLI

SERVES 4 PEOPLE

KETO MEAL OF THE QUARTER

Source (photo only): thebestketorecipes.com

Since AI is the theme, we asked ChatGPT for a budget and keto friendly meal, that would be easy to make for this quarter's recipe.

-The ChatGPT prompt-
"Please make me a keto-friendly meal that: has minimal ingredients, is easy to make (no microwaves), can serve four people, and it should be a budget-friendly meal that people can eat consistently starting 2026."

Ingredients (6):

- *boneless chicken thighs (~3 lb)*
- *fresh broccoli/broccolini (~2 lb),*
- *unsalted butter (½ cup)*
- *garlic powder, sea salt, black pepper*
- *optional - smoked paprika, cumin, cardamom*

Clinical note:
Patients on insulin/sulfonylureas can need medication adjustment when starting very-low-carb/keto patterns to avoid hypoglycemia; SGLT2 inhibitors raise special safety concerns.

Instructions (ChatGPT + human edits/logic)

1. *Chop and season chicken thighs with garlic powder, sea salt and black pepper + optional seasonings, then chop broccoli and set them aside in separate bowls.*
2. *Melt ½ cup butter in pan - once melted, remove ¼ of it and coat your chopped broccoli.*
3. *Season the broccoli with garlic powder and sea salt in the bowl.*
4. *Brown the chicken in the pan that has ¼ cup of melted butter in it.*
5. *Cook chicken 7–8 minutes until golden evenly, but about 60-70% done.*
6. *Remove chicken from the pan and replace with broccoli. Save the juice/rendered fat.*
7. *Let cook 5 or so minutes until broccoli is 60-70% done.*
8. *Reintroduce the chicken to the pan with the broccoli in it, and cook both until done.*
9. *Enjoy! A sliced avocado is a great addition to this meal.*

4. SMARTER DEVICES AND DRESSINGS

AI is no longer just software sitting in the chart—it is now being built directly into wound therapy devices, post-operative dressings, and bioelectronic platforms.

One major example is the emergence of **AI-adaptive negative pressure wound therapy** (**sNPWT**) **systems**. These devices don't just apply suction—they monitor pressure integrity in real time, identify micro-leaks in the dressing seal, and automatically adjust therapy settings to maintain effectiveness. Instead of a clinician troubleshooting a failed seal hours later, the device itself stabilizes performance at the bedside or in the patient's home.

At the research level, teams are **combining AI with bioelectronics**—small, wearable or implantable systems that analyze tissue signals and deliver targeted electrical or biochemical stimulation. These platforms are designed to accelerate wound repair by:

- Measuring tissue response continuously
- Feeding that data into machine-learning models
- Adjusting stimulation parameters automatically to optimize healing

In parallel, **AI-powered wound-dressing development** is becoming data-driven. Instead of trial-and-error, algorithms now analyze thousands of data points—exudate behavior, tissue response, infection risk, pressure distribution—to help engineers design dressings that respond dynamically to wound conditions.

WHAT THIS MEANS IN PRACTICE: WOUND THERAPY WILL FEEL LESS "STATIC" IN 2026. DRESSINGS AND DEVICES WILL SELF-CORRECT, MAINTAIN OPTIMAL THERAPY, AND REDUCE TREATMENT FAILURE CAUSED BY SEAL LOSS, PATIENT MOVEMENT, OR INCONSISTENT TECHNIQUE.

5. RESHAPING CLINICAL TRAINING AND EVIDENCE GENERATION

AI is also quietly transforming the systems that train clinicians and produce evidence.

In wound-care education, **AI is being used to create personalized learning environments**—platforms that analyze a learner's strengths, weaknesses, and case exposure, then recommend targeted modules, simulated cases, and visual training datasets. This makes certification and onboarding more consistent, especially as advanced wound products become more complex.

cont...

On the research side, **AI-enabled imaging platforms are now used to build large, calibrated wound datasets**. Instead of relying on subjective chart notes, trials increasingly collect:

- Standardized wound photos
- AI-derived measurements
- Objective healing trajectories over time

This makes multicenter trials faster, more reliable, and easier to audit. It also helps eliminate the variability that has historically plagued wound-care research.

Finally, emerging education protocols emphasize **AI literacy**—training clinicians not just to use AI tools, but to:

- Understand how algorithms arrive at recommendations
- Detect bias or failure modes
- Maintain ethical oversight when AI informs care decisions

IN SHORT:

IN 2026, AI WON'T JUST CHANGE HOW CLINICIANS TREAT WOUNDS—IT WILL CHANGE HOW THEY LEARN, HOW STUDIES ARE DESIGNED, AND HOW EVIDENCE IS VALIDATED ACROSS THE ENTIRE SPECIALTY.

WHAT THIS MEANS FOR 2026

AI will not replace clinicians—but the clinicians who harness AI will have a distinct advantage:

✓ More time with patients
✓ Less time on repetitive tasks
✓ Greater diagnostic confidence
✓ Fewer unnecessary complications
✓ Better alignment with payer expectations

AI becomes the "Jarvis" to the clinician's "Tony Stark"—not the star of the show, but the powerful assistant that makes excellence routine.

AI READINESS CHECKLIST FOR PROVIDERS

Use this checklist as your team prepares for major AI adoption in 2026:

- ☑ Calibrated imaging capability – standardized photos for wound measurement
- ☑ Ambient documentation tools – voice-to-note solutions integrated with your EHR
- ☑ Training sessions – AI literacy for clinical and administrative staff
- ☑ Outcome tracking plans – set metrics before and after AI adoption
- ☑ AI audit protocols – define who validates AI outputs and when
- ☑ Policy alignment – ensure documentation meets emerging payer requirements

EKAGRA

Listen And Observe

"Gives Machine Learning a whole new meaning. Five Stars."
- Data (Star Trek)

One Goal.
One Journey.

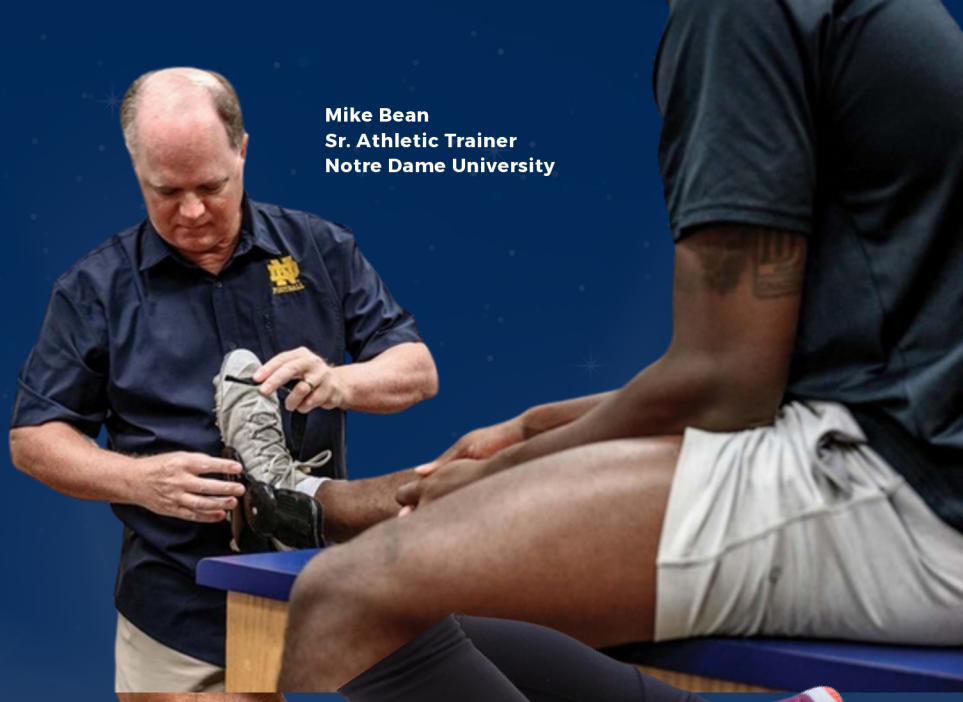
To know and serve the healers of the world

G GENERAL AUDIENCES
All Ages Admitted

In Theaters
Spring 2026

TayCo BRACE

YOU'VE TRIED EVERYTHING... EXCEPT THIS!



Mike Bean
Sr. Athletic Trainer
Notre Dame University

STABILITY WITHOUT COMPROMISING FUNCTIONALITY

TAYCO OVER-THE-SHOE ANKLE BRACES OFFER ADVANCED MEDICAL SUPPORT FOR POST-SURGICAL PROTECTION, STABLE FRACTURES, SPRAINS, AND CHRONIC CONDITIONS.

Custom External AFO Brace

AthleticX Brace

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FEATURED ON ESPN & TNF ON PRIME

AVAILABLE IN PRE-FABRICATED AND CUSTOM-FIT CONFIGURATIONS


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