

PROTOCOL INFORMATION

Disorder: Ankle pain Date: May 4, 2011
Developed By: Dr. Hao Wu Reviewed By: Dr. Paul Ziemer

PROTOCOL DESCRIPTION

Disorder Description: Ankle pain is often due to an ankle sprain. A sprain is an injury to the ligaments, which connect bones to one another. In most cases of ankle sprain, the ankle is twisted inward, causing small tears in the ligaments. This makes the ankle unstable. The tearing leads to swelling and bruising, making it difficult to bear weight on the joint.

- Treatment Position:**
1. High light 10 min or Low light 15 min over site of haematoma in the ankle or foot;
 2. High light 10 min or Low light 15 min over the area under the ankle.

Note: If ankle pain persists, seek professional diagnosis.



Treatment Protocol: Time: 20mins Position: 2 Light: High Treatment Interval: 3-5 time/week, 2-4 weeks

Result: Satisfactory Acceptable Desirable Exceptional Fully healed