

PROTOCOL INFORMATION

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

PROTOCOL DESCRIPTION

Disorder Description: A sprain (possibly from Middle French *espraindre*, to squeeze) is an injury of joints that is caused by being stretched beyond their oversized capacity and possibly more. A muscular tear caused in the same manner is referred to as a strain. In cases where either ligament or muscle tissue is torn, immobilization and surgical repair may be necessary. Ligaments are tough, fibrous tissues that connect bones to other bones. Sprains can occur in any joint but are most common in the ankle and wrist.

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



Treatment Protocol: Time: 20mins Position: 2 Light: High Treatment Interval: 1-2 time/day, 2-4 weeks

Result: Satisfactory Acceptable Desirable Exceptional Fully healed