

PROTOCOL INFORMATION

Disorder:	Ankle Strain	Date:	May 4, 2011
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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. Over sites of bruise/haematoma; 10 min with High
2. Lateral side of the ankle; 10 min with High
3. Popliteal knee; 10 min with High (if you have pain in the knee)



Treatment Protocol: Time: 20/30mins Position: 2/3 Light: High Treatment Interval: 1-2 time/day, 2-4 weeks

Result: Satisfactory Acceptable Desirable Exceptional Fully healed