genesis health light

Treatment Protocol: Elbow Sprain

Protocol Information

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

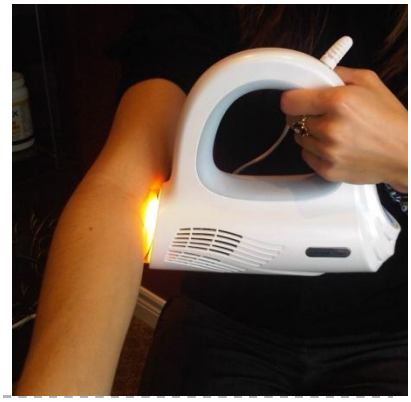
Protocol Description

Disorder Description:

This can sometimes be confused with Tennis elbow but a sprain is when a ligament is stretched, partially torn or fully torn. The ligaments hold the elbow bones together and sometimes more than one ligament can be damaged. Elbow sprains are usually caused by a direct blow or an unnatural movement that twists the elbow sideways or backwards. The elbow will be tender and there maybe swelling. A tingling feeling may be felt in the forearm if a nerve has been injured giving both arm and elbow pain. Discoloration may occur.

Treatment Position:

1. High light 10 min or Low light 15 min over medial epicondyle (medial side of the elbow);
2. High light 10 min or Low light 15 min over lateral epicondyle (lateral side of the elbow);
3. High light 10 min or Low light 15 min over bruise area.



Treatment Protocol: Time: 30mins Position: 3 Light: High Treatment Interval: 5 time/week, 4-8 weeks

Result: ☐ Satisfactory ☐ Acceptable ■ Desirable ☐ Exceptional ☐ Fully healed