genesis health light

# Treatment Protocol: Elbow Strain

## Protocol Information

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

## Protocol Description

**Disorder Description:**

Arthritis is inflammation of one or more joints, which results in pain, swelling, stiffness, and limited movement. Arthritis involves the breakdown of cartilage. Cartilage normally protects the joint, allowing for smooth movement. Cartilage also absorbs shock when pressure is placed on the joint, like when you walk. Without the usual amount of cartilage, the bones rub together, causing pain, swelling (inflammation), and stiffness. If you have arthritis, you may experience: joint pain, joint swelling, reduced ability to move the joint, redness of the skin around a joint, stiffness, warmth around a joint.

**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: 1-2 time/day, 2-4 weeks

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