

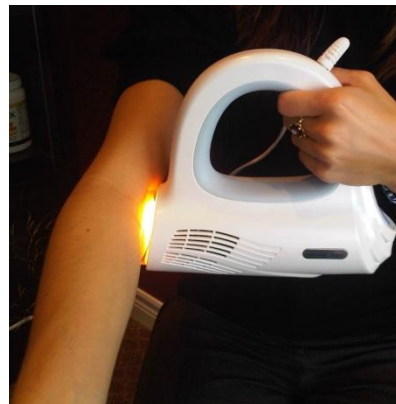
PROTOCOL INFORMATION

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

PROTOCOL DESCRIPTION

**Disorder Description:** Golfer's elbow, or medial epicondylitis, is an inflammatory condition of the elbow which in some ways is similar to tennis elbow. The anterior forearm contains several muscles that are involved with flexing the fingers and thumb, and flexing and pronating the wrist. The tendons of these muscles come together in a common tendinous sheath which is inserted into the medial epicondyle of the humerus at the elbow joint. In response to minor injury, or sometimes for no obvious reason at all, this point of insertion becomes inflamed.

- 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)



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

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