

## PROTOCOL INFORMATION

Disorder: Knee Sprain  
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## PROTOCOL DESCRIPTION

**Disorder Description:** A sprain 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.

- Treatment Position:**
- 1) High light 10 min or Low light 15 min over medial aspect of the knee;
  - 2) High light 10 min or Low light 15 min over lateral aspect of the knee



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

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