

PROTOCOL INFORMATION

Disorder: Tennis Elbow

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PROTOCOL DESCRIPTION

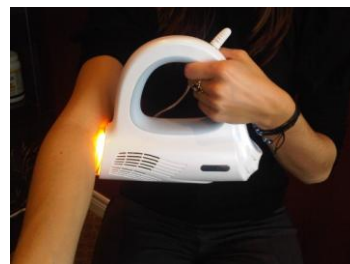
Disorder

Description:

Tennis elbow is an overuse injury occurring in the lateral side of the elbow region, but more specifically, occurs at common extensor tendon that originates from the lateral epicondyle. While the common name tennis elbow suggests that people who play tennis may develop this condition, other activities of daily living may also cause it.

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 times/day, 2-4 weeks

Result:

Satisfactory

Acceptable

Desirable

Exceptional

Fully healed