genesis health light

Treatment Protocol: Wrist Sprain

Protocol Information

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

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. Sprains can occur in any joint but are most common in the ankle and wrist.

Treatment Position:

1. High light 10 min or Low light 15 min over palm;
2. High light 10 min or Low light 15 min over wrist;
3. High light 10 min or Low light 15 min over back of wrist

Treatment Protocol: Time: 30mins Position: 3 Light: High Treatment Interval: 1-2 times/day, 2-4 weeks

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