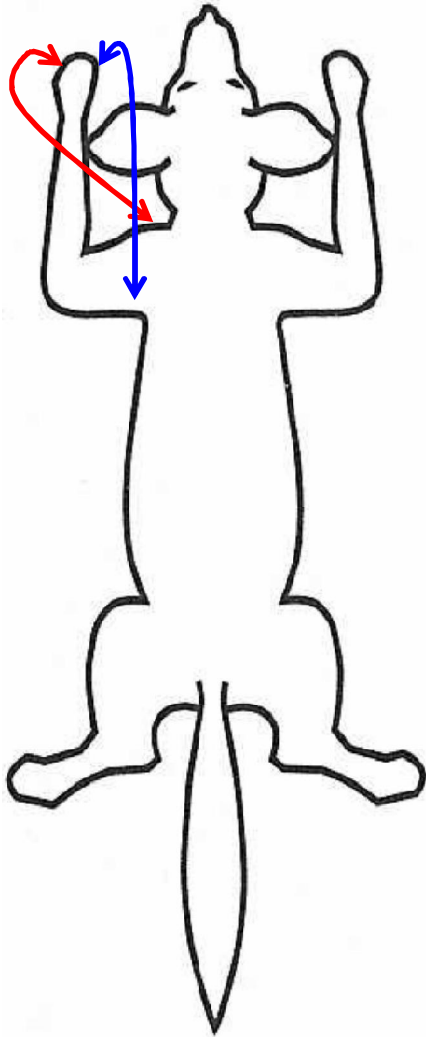


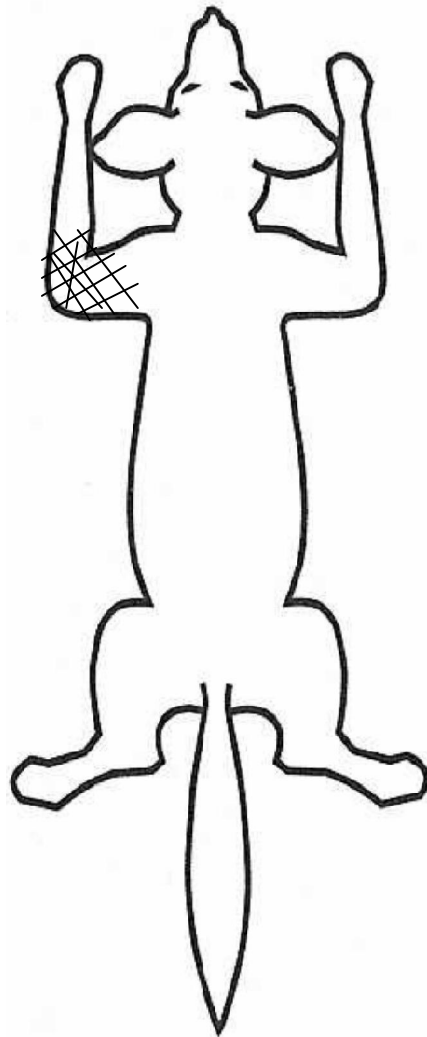
(Left) Elbow Pain

Start with the leg straight.

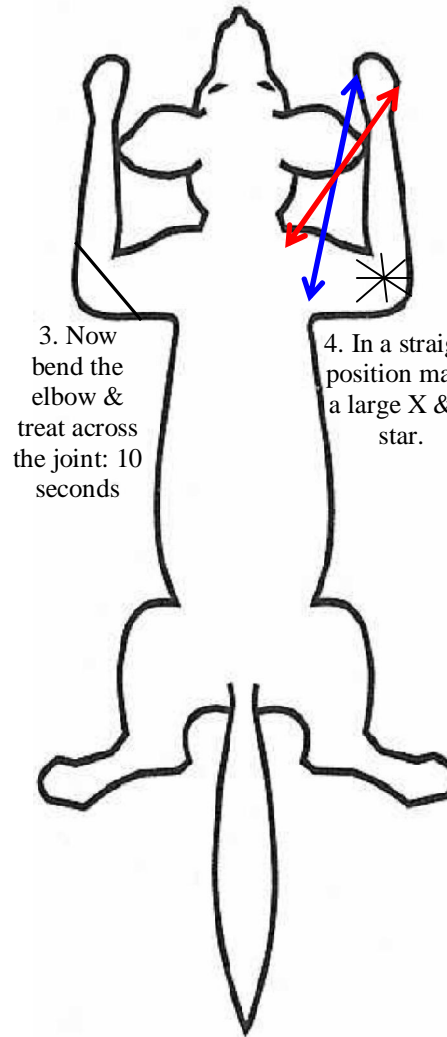
*If both elbows are painful, repeat steps 1-3 on the



1. Large X: 20 seconds each

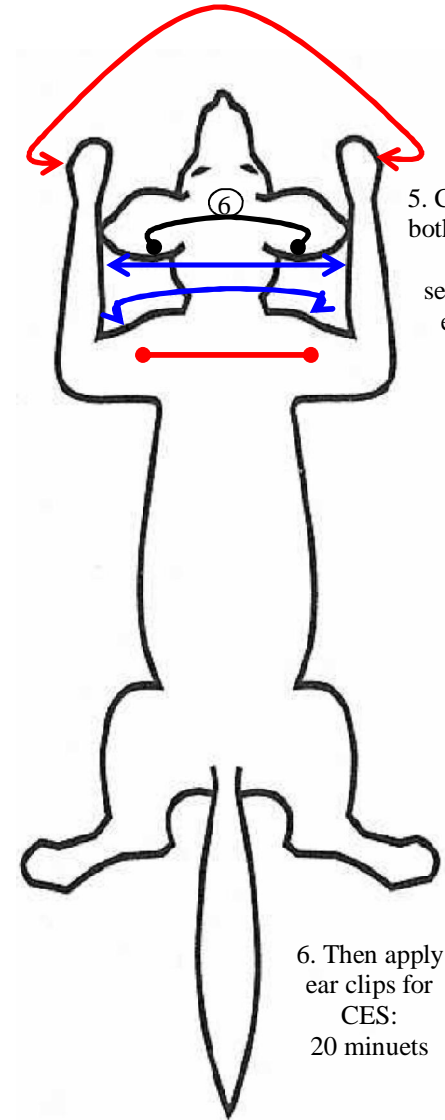


2. Multiple Stars– diagonals, front to back and medial to lateral:
10 seconds each



3. Now bend the elbow & treat across the joint: 10 seconds

4. In a straight position make a large X & 1 star.



5. Connect both sides:
10 seconds each

6. Then apply ear clips for CES:
20 minutes