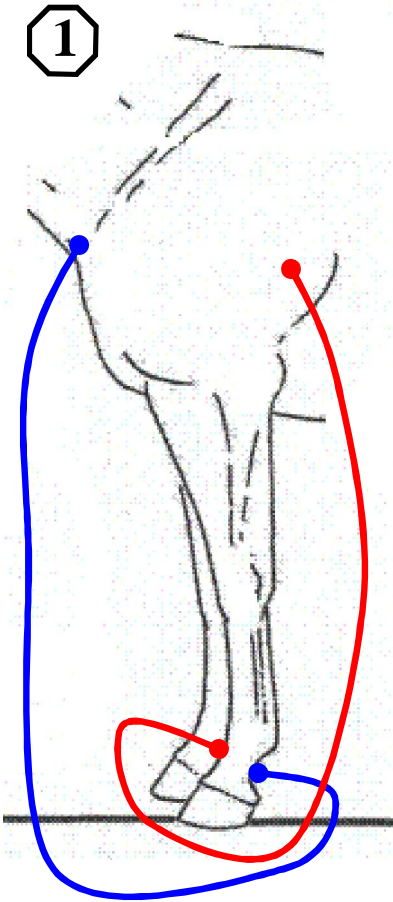


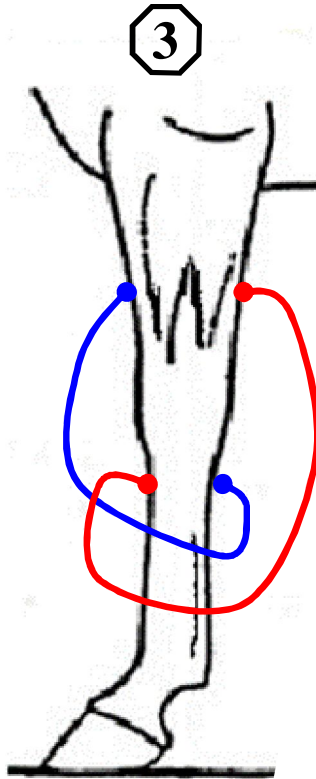
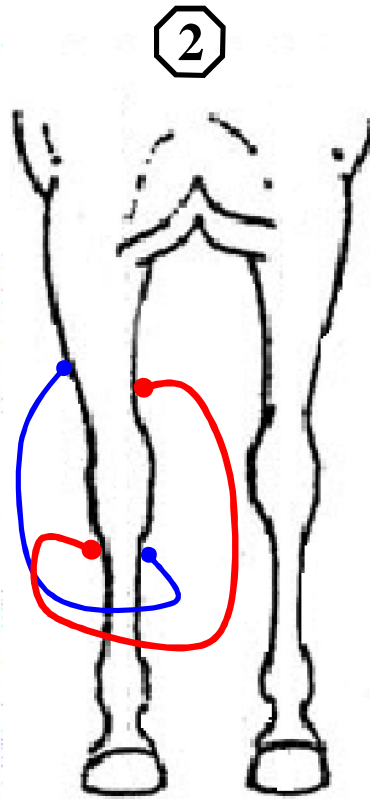
# Knee / Carpus Pain (Left)

(After doing steps 1-6, repeat steps 1-3 on the opposite leg only once.)

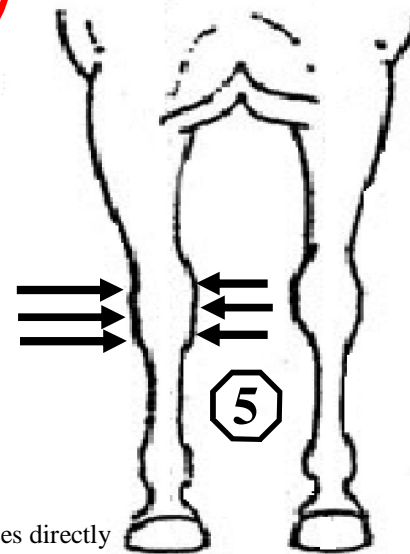
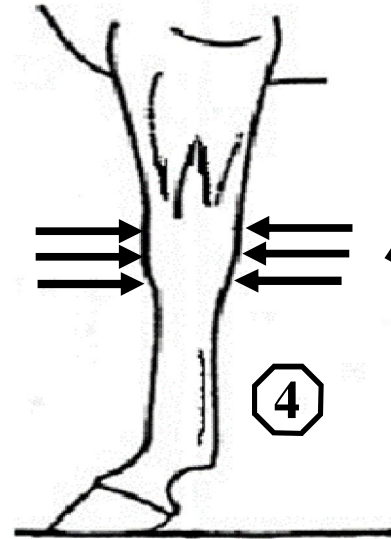
If both sides are painful apply steps 1-6 to the left and right knee / carpus.



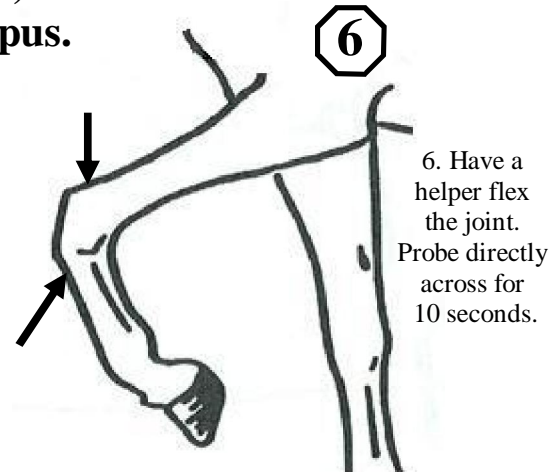
1. Large X: 20 seconds each.



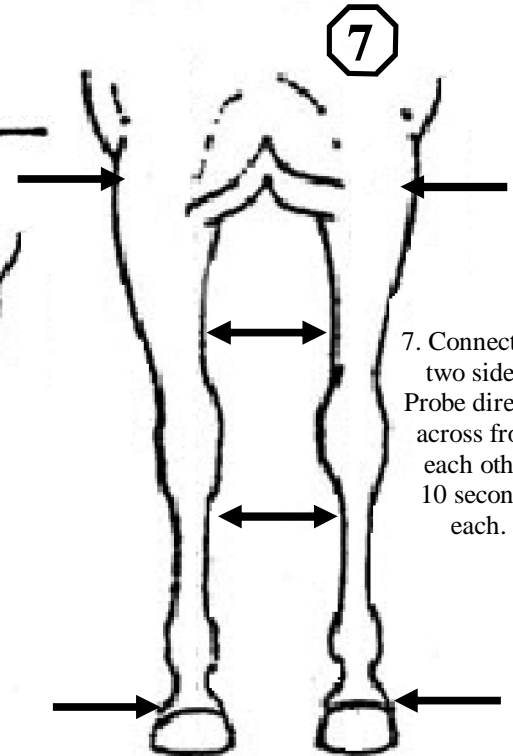
2 & 3. Stars: 10 seconds each.  
Do multiple stars all directions.  
Repeat 2-3 times.



4 & 5. Probes are places directly  
across each other going through  
the joint at three planes.  
10 seconds each.



6. Have a  
helper flex  
the joint.  
Probe directly  
across for  
10 seconds.



7. Connect the  
two sides.  
Probe directly  
across from  
each other  
10 seconds  
each.

8 Then apply ear clips for 20 minutes.