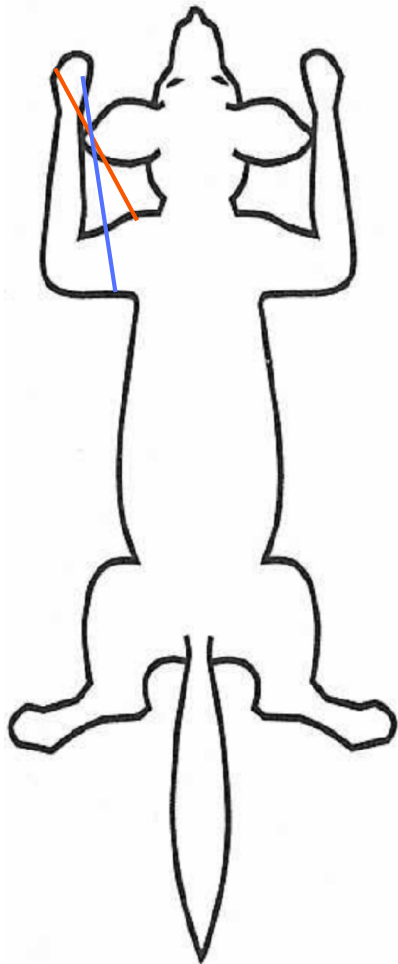
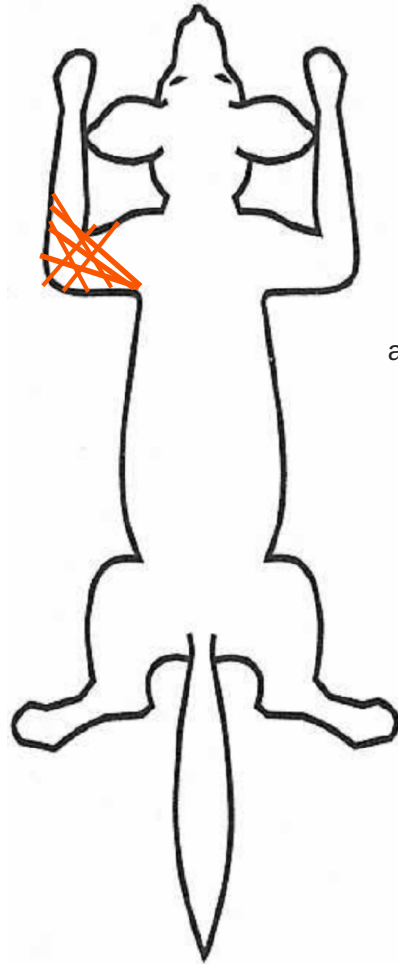


# ELBOW PAIN PROTOCOL

For left elbow. If both are painful, repeat steps 1-3 on the other side.

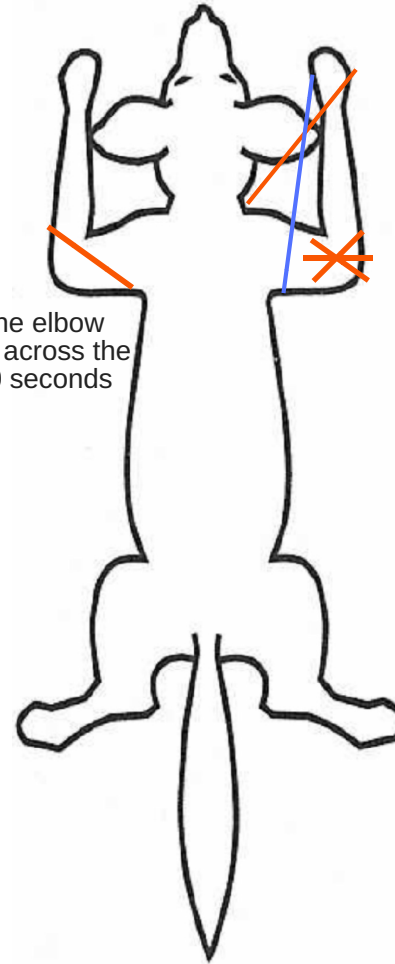


Start with the leg straight.  
Large X: 20 seconds each

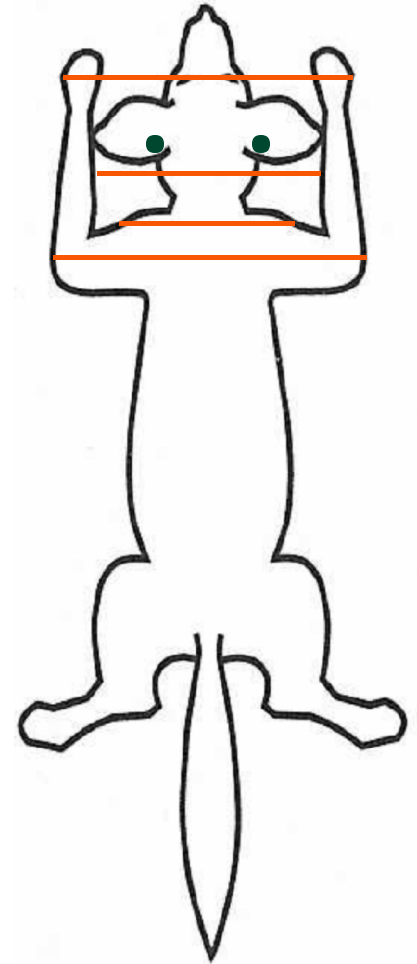


Multiple Stars - diagonals,  
front to back and medial  
to lateral: 10 seconds each

Bend the elbow  
and treat across the  
joint: 10 seconds



In a straight position,  
make a large X and 1 star  
on the opposite side



Connect both sides:  
10 seconds each.  
Finish with 20 minutes CES