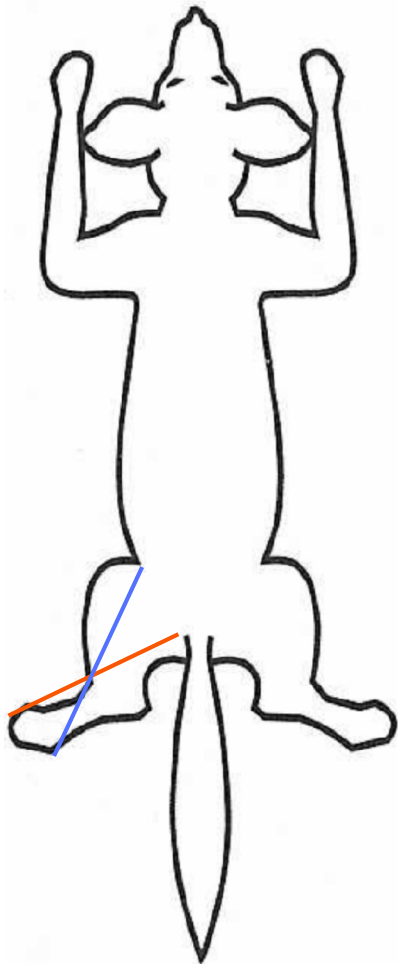
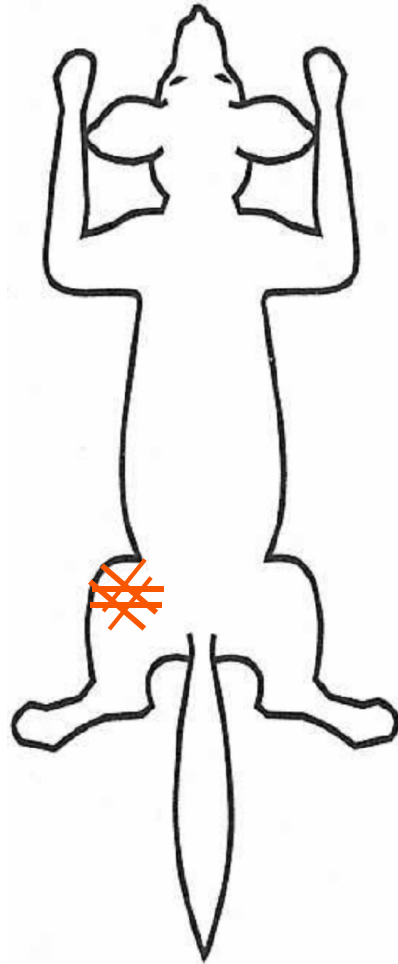


## KNEE (STIFLE) PAIN PROTOCOL

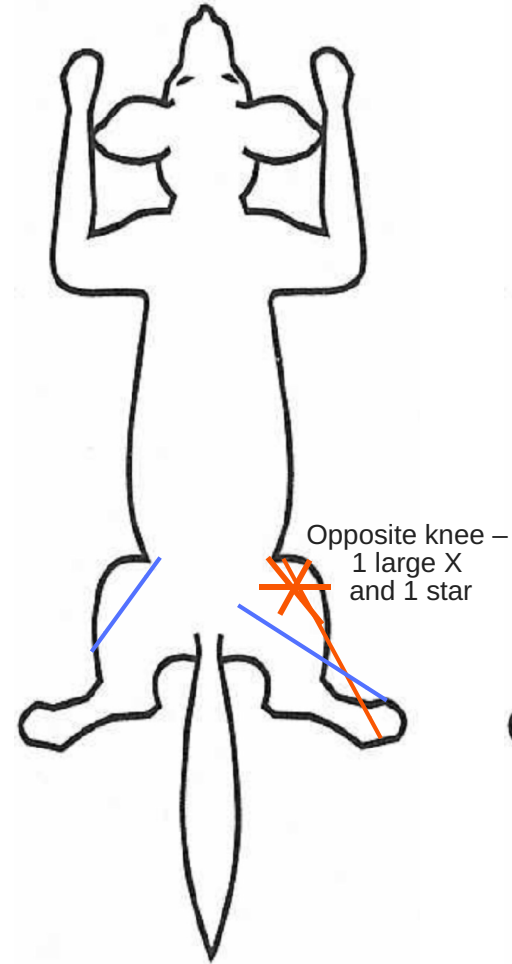
For left knee. If both are painful, apply steps to other side.



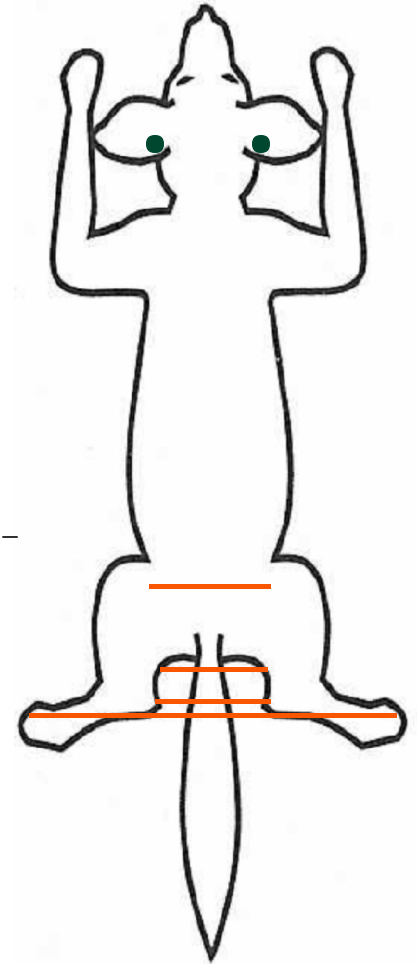
Large X: 20 seconds each



Multiple stars in diagonal and  
medial to lateral directions:  
10 seconds each



Continue star pattern with  
knee bent. Treat across  
the joint: 10 seconds



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