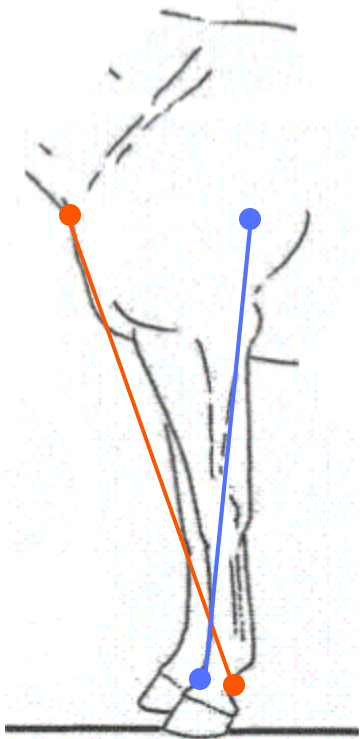
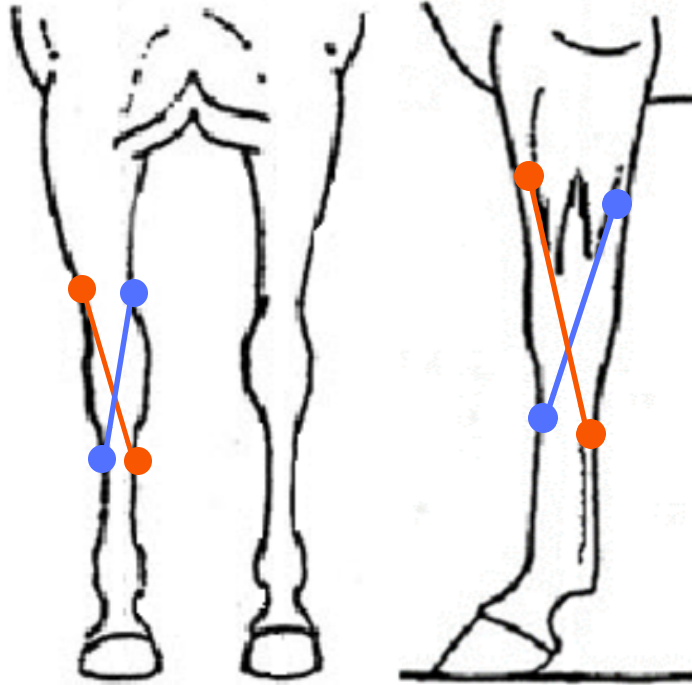


# HORSE KNEE/CARPUS PAIN PROTOCOL

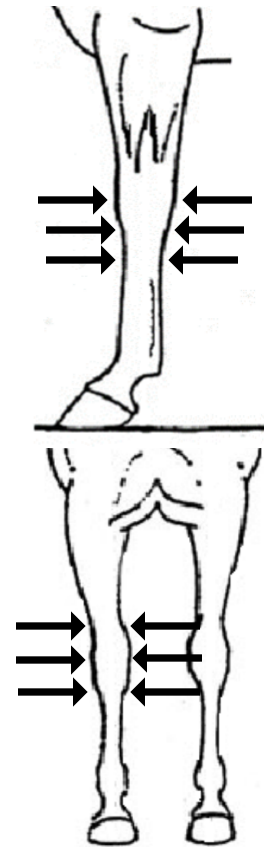
For left knee. After doing steps on left knee, repeat first three steps on opposite side once.  
If both are painful, apply all steps to other side.



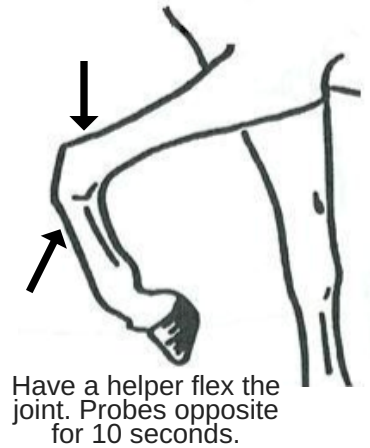
Large X: 20 seconds



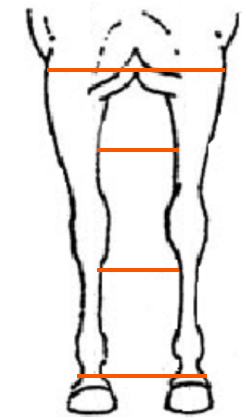
Stars: 10 seconds each.  
Do multiple stars all directions on various planes. Repeat 2-3 times.



Probes are places directly across each other on various planes. 10 seconds each.



Have a helper flex the joint. Probes opposite for 10 seconds.



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