



Tender Points



Chang et al performed a systematic review and meta-analysis on the conservative treatment for lateral epicondylitis. Seven of the ten selected articles discussed the irradiation was conducted on tender points or MTrPs. The results revealed that applying LLLT on tender points or MTrPs is an effective means to improve the effect size (ES) of pain release after treatment.

² Chang WD, Wu JH, Yang WJ, Jiang JA. Therapeutic effects of low-level laser on lateral epicondylitis from differential interventions of Chinese-Western medicine: systematic review. *Photomed Laser Surg.* 2010 Jun;28(3):327-36.

Priority Principle™: 6 Shoulder ROM

6th	ROM: to all affected and limited joints at 3-4 location per joint line (Tender points or AHSHI points)	1000, 3000 Hz	2-3 min with LaserStim or Photoprobe attachment
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No of AHSHI Points	Affected joint
4-5	Shoulder

