

The invention relates to the medicine, namely to the method for treating simple post-traumatic elbow bursitis. The contact technique provides for the use of the cold. The swelling is stroked upwards from the elbow joint for 2-3 min. The affected area is cooled with the cold water (3°C) or the snow for 2-3 s. The time of the manual exposure increases by 0.5 min in the course of the next procedures up to 5 min, 4-6 seances in total.