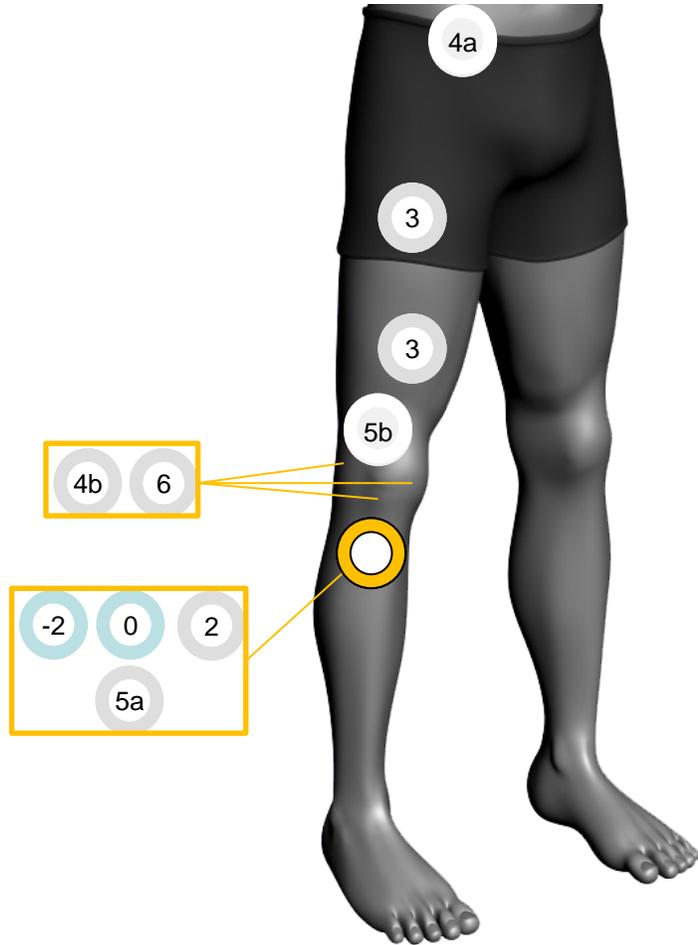


Priority Principle™: Example Patellar Tendinitis



	Priority	Principle	Tendinitis / Tenosynovitis	Time	
Cryotherapy, Ultrasound, Massage, Adjustments, Eccentric Exercise, Taping /Bracing, STMASTM	-2	<48 Hours (Acute Injury)	5-1000 Hz	3 minutes	
	0	Pain	(PRN)		
	2nd	Inflammation	50 Hz	DOSE	
	3rd	Spasms	1000 Hz with Probes	Pontinen's Principle	
	4th	(a)	Pain (Systemic)	500-1000 Hz NRT	3-5 minutes
		and/or			
		(b)	Pain (Local)	1000, 3000 or 5000 Hz	1-2 minutes per point
	5th	(a)	Tissue Repair (Primary)	5-250 Hz	DOSE
		and			
		(b)	Tissue Repair (Secondary)	50 Hz PHT	5 minutes
6th		ROM	1000, 3000 or 5000 Hz	1-2 minutes per point	