

# Priority Principle™: MR4 ACTIV Settings for Performance, Recovery, Prevention and Rehabilitation (PR)<sup>2</sup>

	Priority	Principle	(PR) <sup>2</sup>	Time
Massage	-2	<48 Hours (Acute Injury): At any acute spasm <48 Hours	1000 Hz + 1-250 Hz	1 min + 1 min scanning
	3rd	Spasms: at palpable spasms in affected area, active and latent	1000, 1000-3000 or 5000 Hz with Photoprobes	Pontinen's Principle
	4th (a)	Pain (Systemic)	1000 Hz NRT	5 min scanning the entire spinal column with LaserShower
	5th (a)	Tissue Repair (Primary) at TARGET Identified Locations of spastic area including key and satellite points	1-250 Hz	DOSE with LaserStim
		and		
	(b)	Tissue Repair (Secondary/Improvement of blood circulation/removal of toxins)	50 Hz PHT to major artery of the body	5 min with LaserShower
	6th	ROM: to all affected and limited joints at 3-4 location per joint line (Tender points or AHSHI points)	1000 Hz	1-2 min with Photoprobe attachment
7th	Functional Strength: of affected muscle (s) <u>during</u> training/activity period	1-250 Hz (prior to activity) <hr/> 1000 Hz (post activity)	2-3 min per muscle group <hr/> 2-3 min scanning	



# of Procedures/Bout	Frequency	Rest Period	# of Bouts per year
8-10 Treatments	Daily or Alternative Days	2 days	1-2 as needed



# Some Notes on Acute Injuries

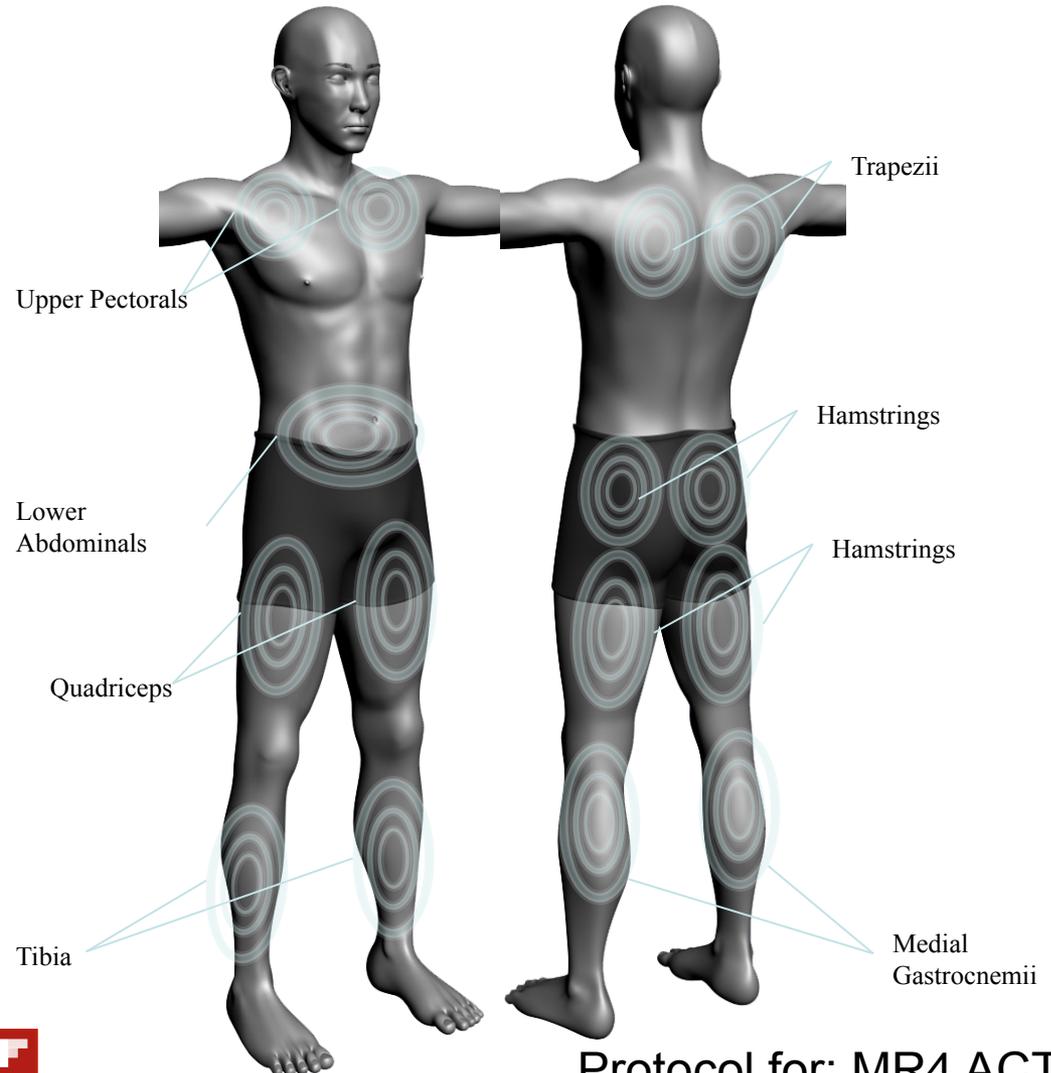
- *Prevent the further progression of inflammation, edema and swelling*
- Proceeds Priority Principle
- < 48 hours
  - [1000 Hz + 1-250 Hz] 1+1 min
- Do NOT inhibit (pain relief) IE:  
NO Jumping the Track



# Priority Principle™: -2 Acute Injury

Pre	-2	<48 Hours (Acute Injury): At any acute spasm <48 Hours	1000 Hz + 1-250 Hz	1 min + 1 min scanning
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- *The “First” Priority is to prevent the further progression of inflammation, edema and swelling*
- Smaller, more frequent, and localized doses are generally more advantageous than larger, systemic dose





# MR4 ACTIV Adapted Pöntinen Principle (Multi Radiance Medical)

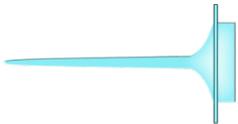
## UPDATED!!!:

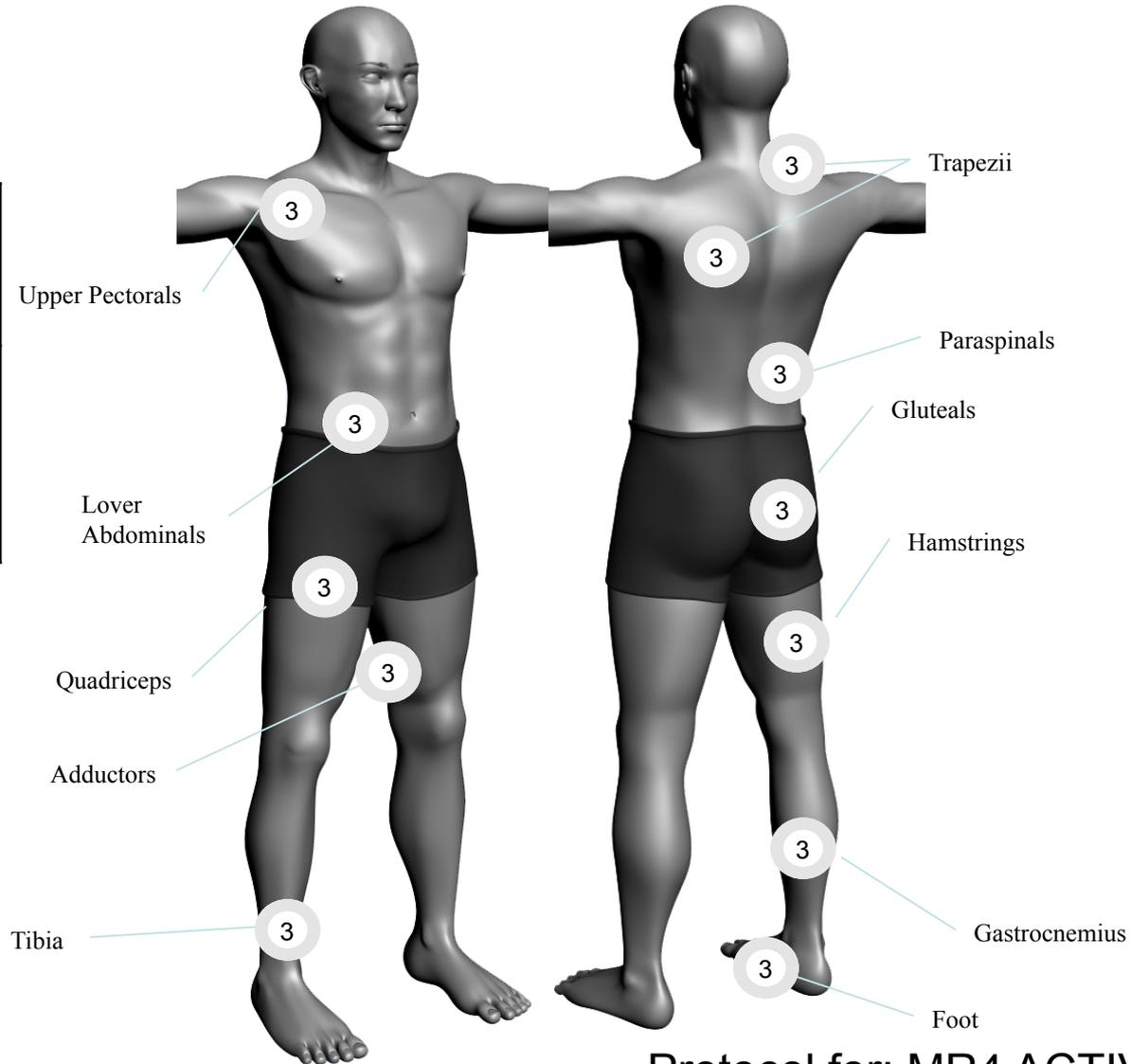
- 1) Select [1000], [1000-3000] or [5000 Hz]
- 2) Identify via palpation any suspected trigger points, be sure to document pain threshold, pain level ( on a scale of 1 to 10, 10 being the worst) and texture of the TP
- 3) Attach PhotoProbes (corporal, auricular or utility) if desired
- 4) Lase the TP, static method, 2-5 minutes, with mild overpressure
- 5) Re-evaluate the TP and record any changes in pain threshold, pain level ( on a scale of 1 to 10, 10 being the worst) and texture of the TP
- 6) If pain or spasm persists, reapply the entire treatment sequence, maximum of two additional times



# Priority Principle™: 3 Muscle Spasm

Post	3rd	Spasms: at palpable spasms in affected area, active and latent	1000, 1000-3000 or 5000 Hz with Photoprobes	Pontinen's Principle
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	<p><b>Corporal Probe:</b> Corporal acupuncture is done on points on the body. This probe can also be used for muscle trigger and motor points.</p>
	<p><b>Utility Probe:</b> This is an inter cavity probe designed for treatment of the mouth and ears. It may additionally be used as a point probe for patients that may find the corporal probe uncomfortable.</p>

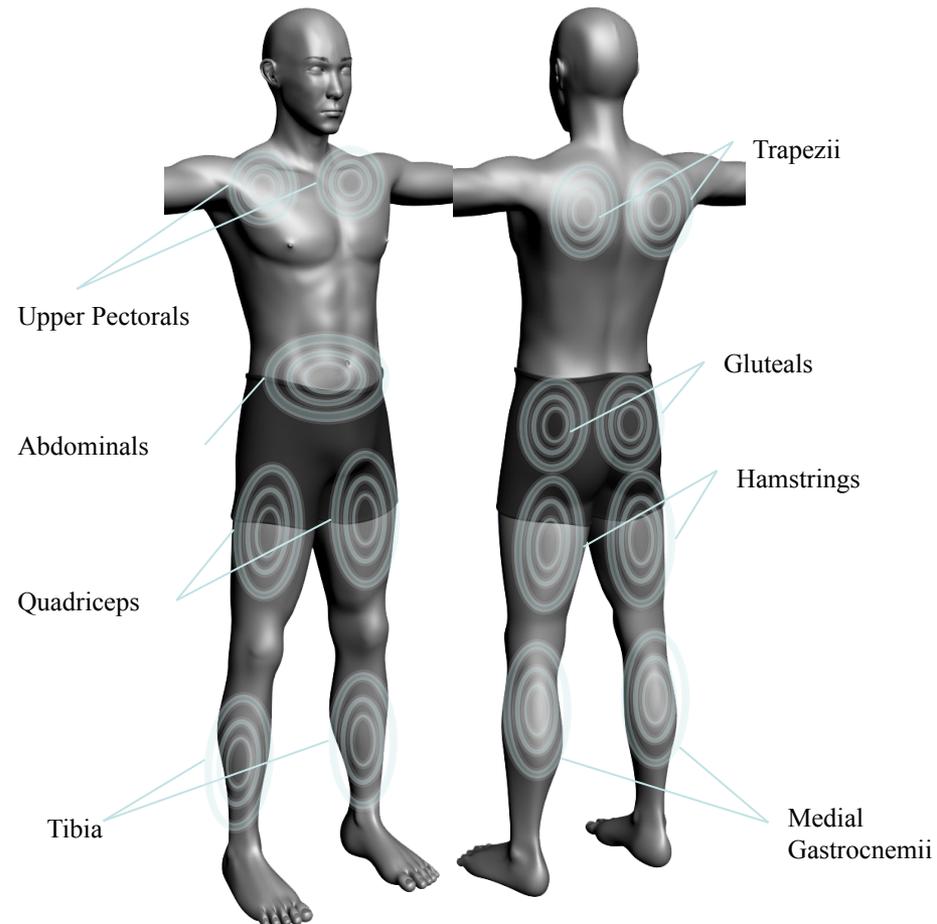


# Priority Principle™: 3 Muscle Spasm Delay of Onset Muscle Soreness

7th	Functional Strength: of affected muscle (s) <u>during</u> training/activity period	50 Hz (prior to activity)	1-2 min with LaserShower* each location
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\* preferred for larger areas

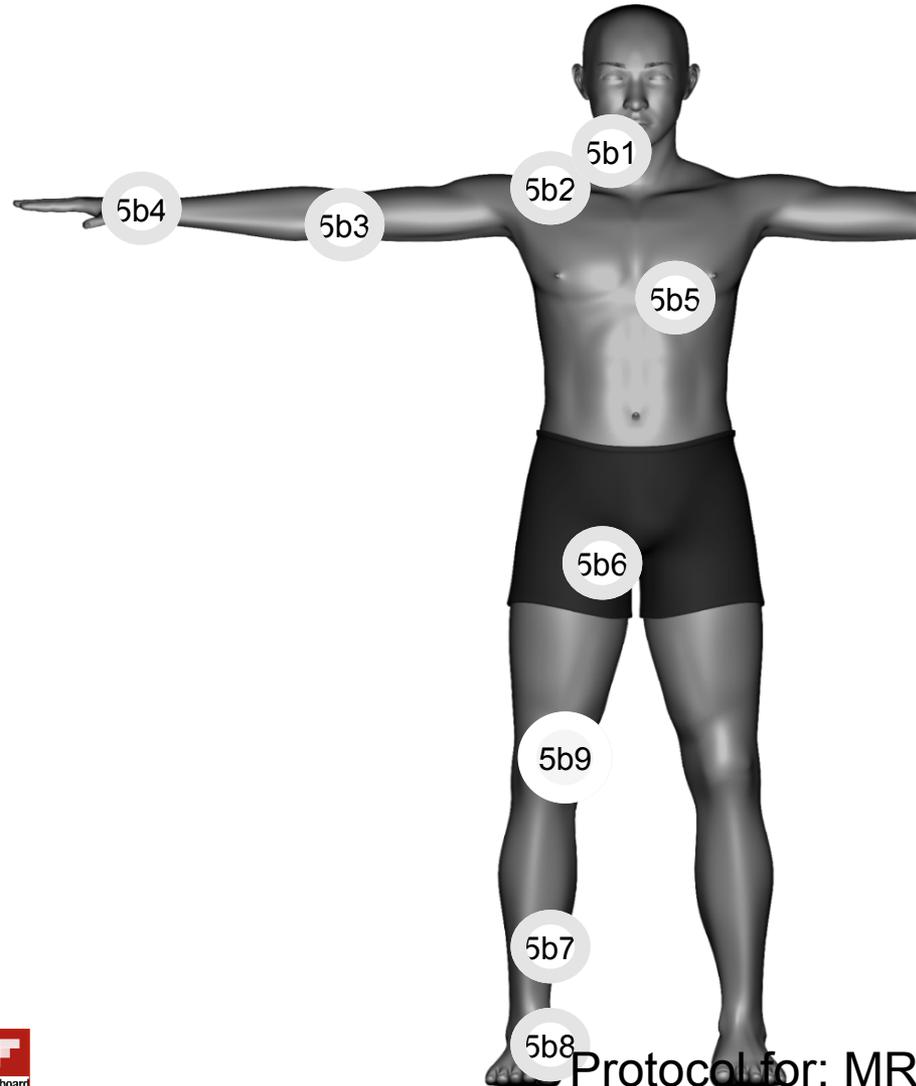
- Prior to activity!!!!
- Can be done locally for individual muscle groups or globally for the entire body
- Form of “localized” Photohemotherapy



# Priority Principle™: 5b Tissue Repair (Secondary)

Post	5 (b)	Tissue Repair (Secondary/ Improvement of blood circulation/removal of toxins)	50 Hz (prior to activity) (Apex beat 5 Hz ONLY)	5 min with LaserShower
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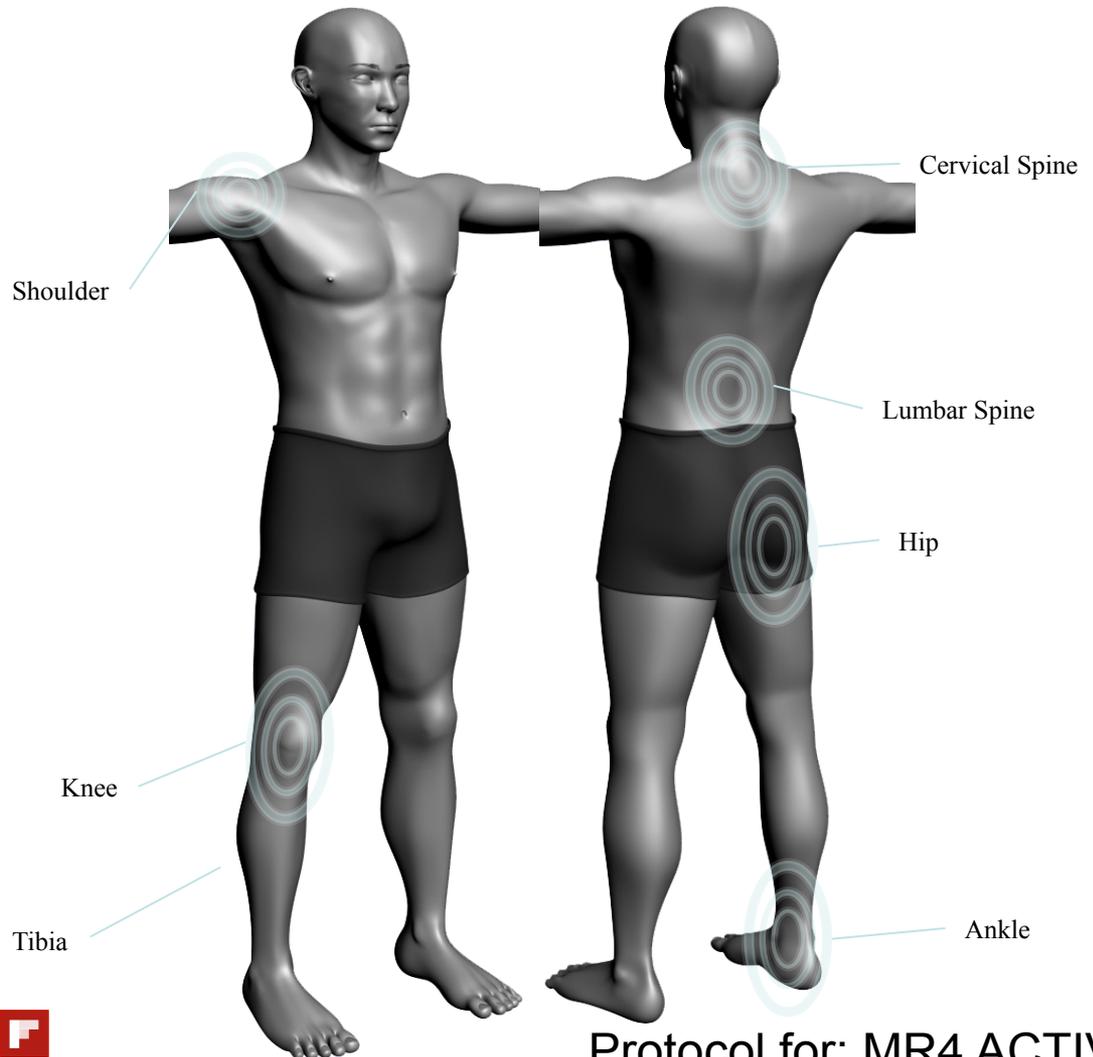
No.	Treatment area
1	Carotid Artery
2	Subclavian Artery
3	Brachial Artery
4	Radial Artery
5	Apex Beat (5 Hz Only)
6	Femoral
7	Tibial Artery
8	Dorsalis Pedis
9	Popliteal Artery (from behind knee)



# Priority Principle™: 6 Range of Motion

6th	ROM: to all affected and limited joints at 3-4 location per joint line (Tender points or AHSHI points)	1000 Hz or greater	1-2 min with Photoprobe attachment
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No of AHSHI Points	Affected joint
2-3	Fingers
3-4	Wrist
4	Elbow
4-5	Shoulder
3-4	Cervical Spine
3-4	Thoracic Spine
3-4	Lumbar Spine
4-5	Hip
3-4	Knee
3-4	Ankle
2-3	Toes





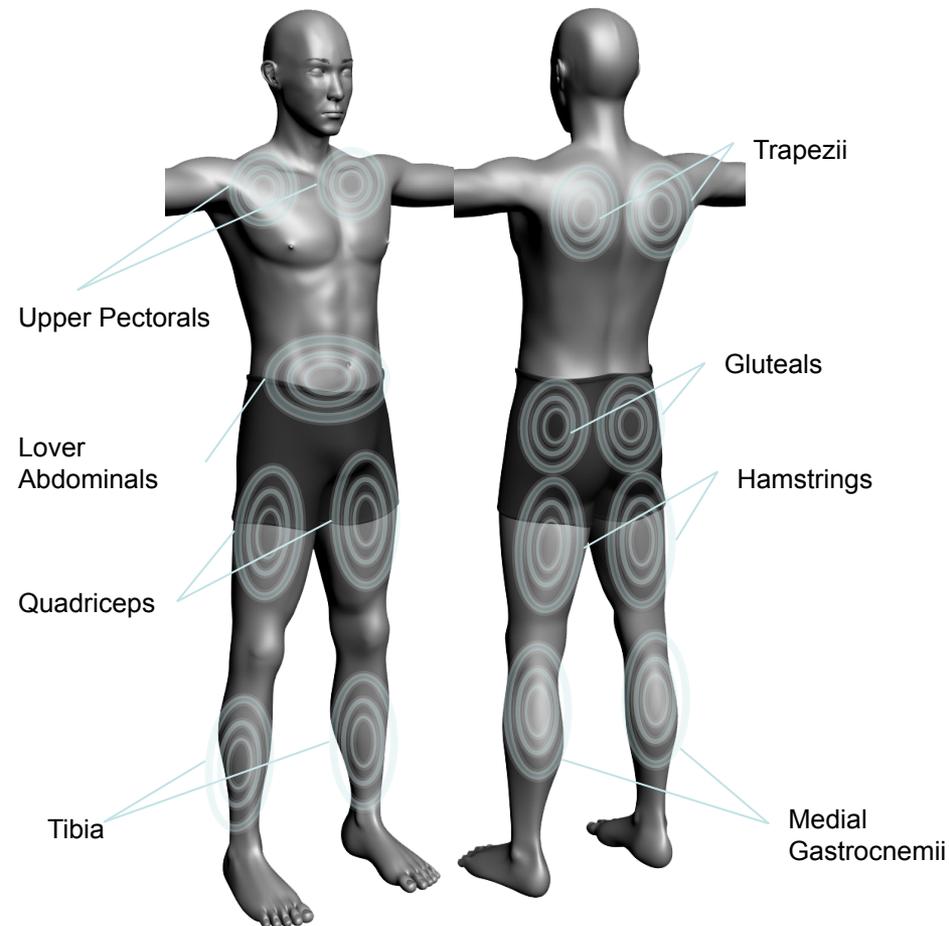
# Variations

- **Post Activity Recovery**
  - designed for athletes engaged in training periods
  - Anaerobic activities
- **Pre-Performance Enhancement**
  - utilized during the season, games, or events
  - Aerobic activities

# Priority Principle™: 7 Functional Strength Pre-Performance Enhancement

7th	Functional Strength: of affected muscle (s) <u>during</u> training/activity period	1-250 Hz (prior to activity)	2-3 min per muscle group
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- Treatment is performed **BEFORE** beginning the activity
- No less than 15 minutes before or more than 24 hours prior



# Priority Principle™: 7 Functional Strength

7th	Functional Strength: of affected muscle (s) <u>during</u> training/activity period	1000 Hz (post activity)	2-3 min scanning
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- No more than 1 hour post activity

\* preferred for larger areas

