

Priority Principle™: Common Tendinopathies

Priority	Principle	Tendinitis / Tenosynovitis	Tendonosis	Calcific tendinitis
-2	<48 Hours (Acute Injury)	5-1000 Hz	-	-
-1	General Stimulation (Systemic Conditions)	-	-	-
0	Pain	(PRN)	(PRN)	(PRN)
1st	Swelling/edema	-	-	-
2nd	Inflammation	50 Hz	-	-
3rd	Spasms	1000 Hz with Probes	1000 Hz with Probes	(PRN)
4th (a)	Pain (Systemic)	1000 Hz NRT	1000 Hz NRT	1000 Hz NRT
and/or				
(b)	Pain (Local)	1000, 3000 or 5000 Hz	1000, 3000 or 5000 Hz	1000, 3000 or 5000 Hz
5th (a)	Tissue Repair (Primary)	5-250 Hz	5-250 Hz	-
and				
(b)	Tissue Repair (Secondary)	50 Hz PHT	50 Hz PHT	-
6th	ROM	1000, 3000 or 5000 Hz	1000, 3000 or 5000 Hz	1000, 3000 or 5000 Hz
7th	Functional Strength	-	5-250 Hz	5-250 Hz

Cryotherapy, Ultrasound, Massage, Adjustments, Eccentric Exercise, Taping /Bracing