

Priority Principle™: Acute Ankle Sprain



	Priority	Principle	Frequency	Time
Taping/Bracing	-2	<48 Hours (Acute Injury)	1000 Hz + 5-250 Hz	1 min + 1 min scanning



M



E

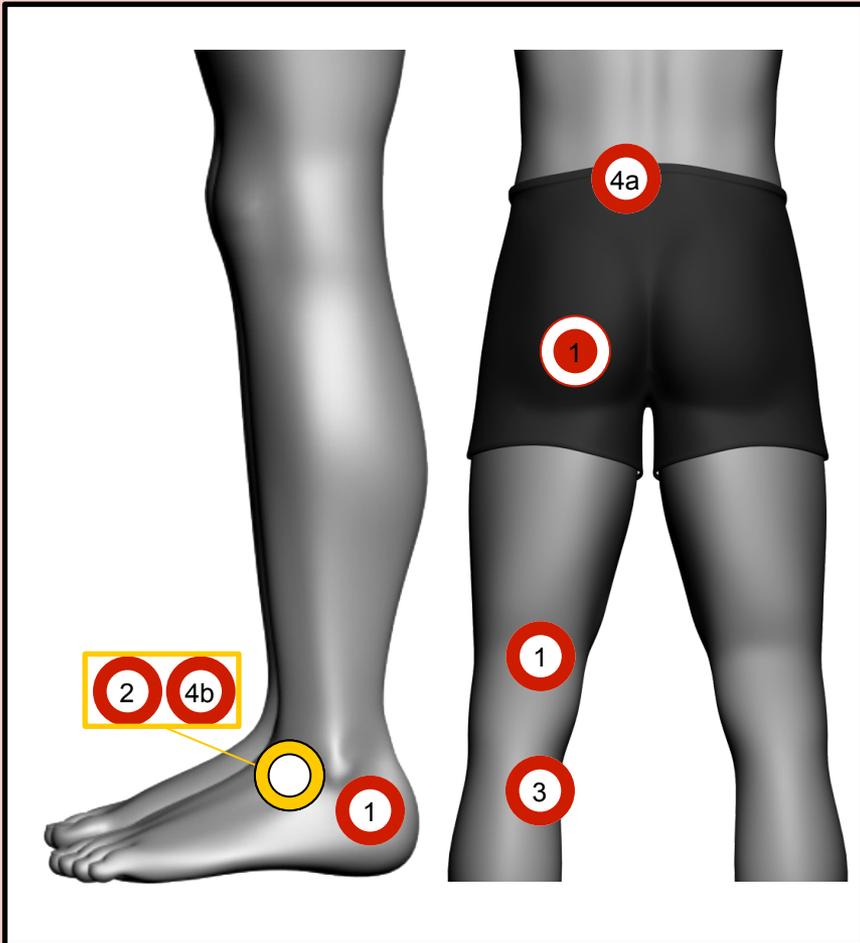


L



T

Priority Principle™: Acute Ankle Sprain



	Priority	Principle	Frequency	Time
Therapeutic Exercise, Taping/Bracing	0	Pain (PRN)	1000, 1000 - 3000, 5000 Hz	5 min
	1st	Swelling/edema	1000-3000 Hz	1-2 min each
	2nd	Inflammation	50 Hz	TARGET / DOSE
	3rd	Spasms	1000 (PRN)	Pontinen's Principle
	4th (a)	Pain (Systemic)	1000 Hz (NRT)	3 min
	(b)	Pain (Local)	1000, 1000 - 3000, 5000 Hz (PRN)	2-5 min

and/or

Priority Principle™: Acute Ankle Sprain



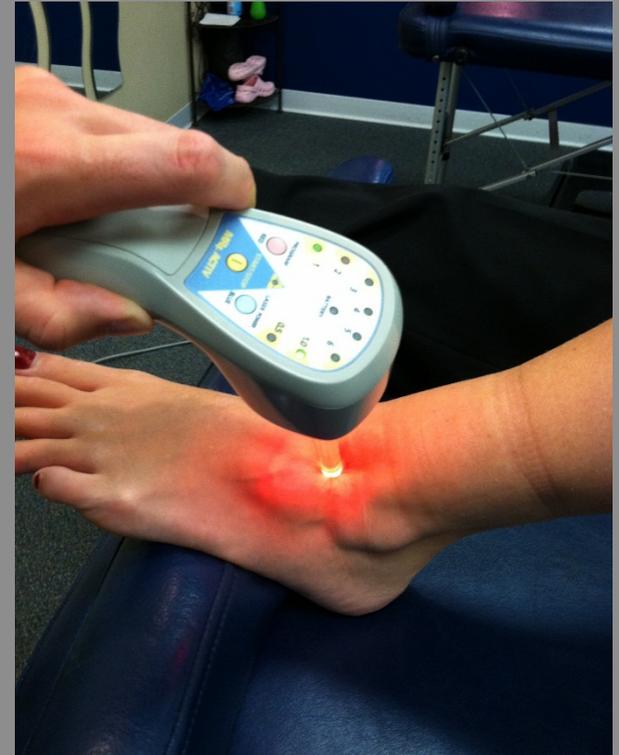
	Priority	Principle	Frequency	Time
Therapeutic Exercise,	5th (a)	Tissue Repair (Primary)	1-250 Hz	1-2 min per location
	and			
	(b)	Tissue Repair (Secondary)	50 Hz (PHT)	5 min



Priority Principle™: Acute Ankle Sprain



Priority	Principle	Frequency	Time
6th	ROM	1000	See Method



Priority Principle™: Acute Ankle Sprain

	Priority	Principle	Frequency	Time
Therapeutic Exercise, Taping/Bracing	-2	<48 Hours (Acute Injury)	1000 Hz + 1-250 Hz	1 min + 1 min scanning
	0	Pain (PRN)	1000, 1000 - 3000, 5000 Hz	5 min
	1st	Swelling/edema	1000-3000 Hz	1-2 min each
	2nd	Inflammation	50 Hz	2 min
	3rd	Spasms	1000 Hz (PRN)	Pontinen's Principle
	4th (a)	Pain (Systemic)	1000 Hz (NRT)	3 min
		and/or		
	(b)	Pain (Local)	1000, 1000 - 3000, 5000 Hz (PRN)	2-5 min
5th (a)	Tissue Repair (Primary)	1-250 Hz	1-2 min per location	
		And		
	(b)	Tissue Repair (Secondary)	50 Hz (PHT)	5 min
6th	ROM	1000	See Method	

