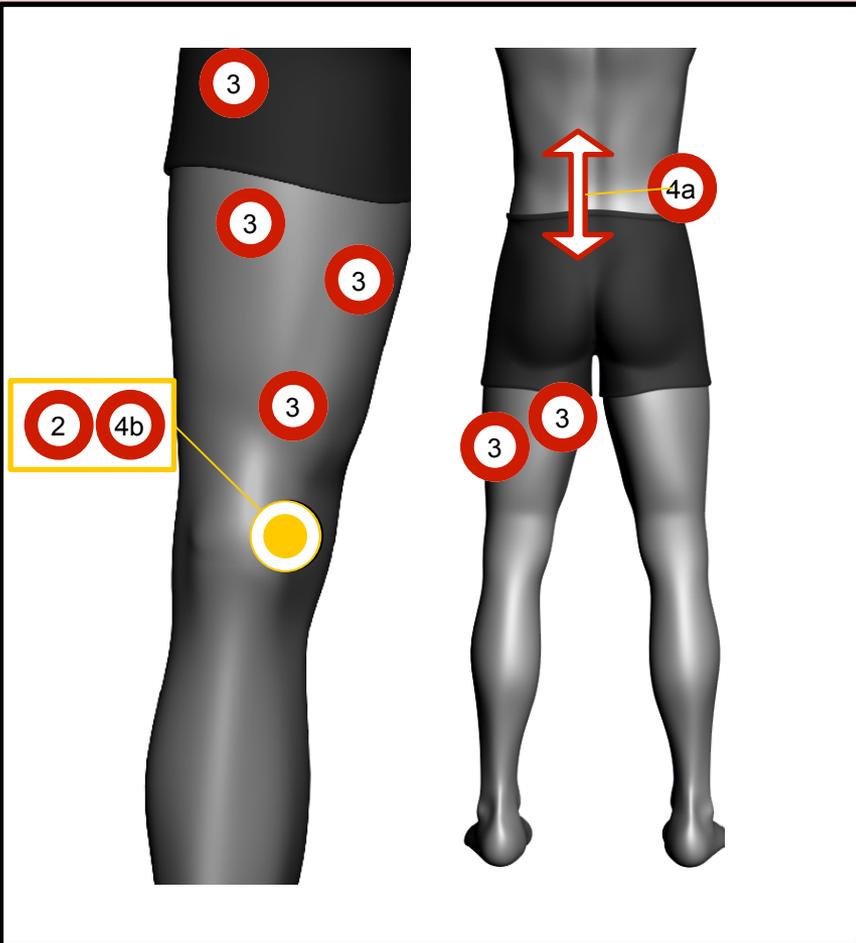


# Priority Principle™: Plica Syndrome



Priority	Principle	Frequency	Time
0	Pain (PRN)	(PRN)	
2nd	Inflammation	50 or 5-250 Hz	DOSE
3rd	Spasms	1000 Hz PRN	Pontinen's Principle
4th	(a) Pain (Systemic)	1000 Hz NRT	See Method
	<b>OR</b>		
	(b) Pain (Local)	1000, 3000 or 5000 Hz	3-5 minutes

# of treatments					

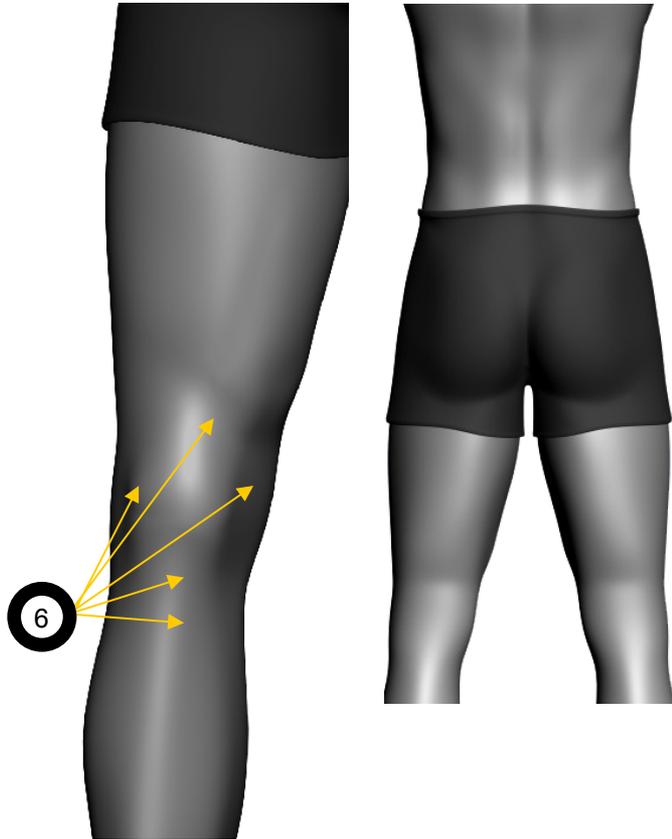
# Priority Principle™: Plica Syndrome



Priority	Principle	Frequency	Time
5th	(a) Tissue Repair (Primary)	5-250 Hz	DOSE
	and		
	(b) Tissue Repair (Secondary)	50 Hz PHT (Anterior through abdomen)	5 minutes

# of treatments					

# Priority Principle™: Plica Syndrome

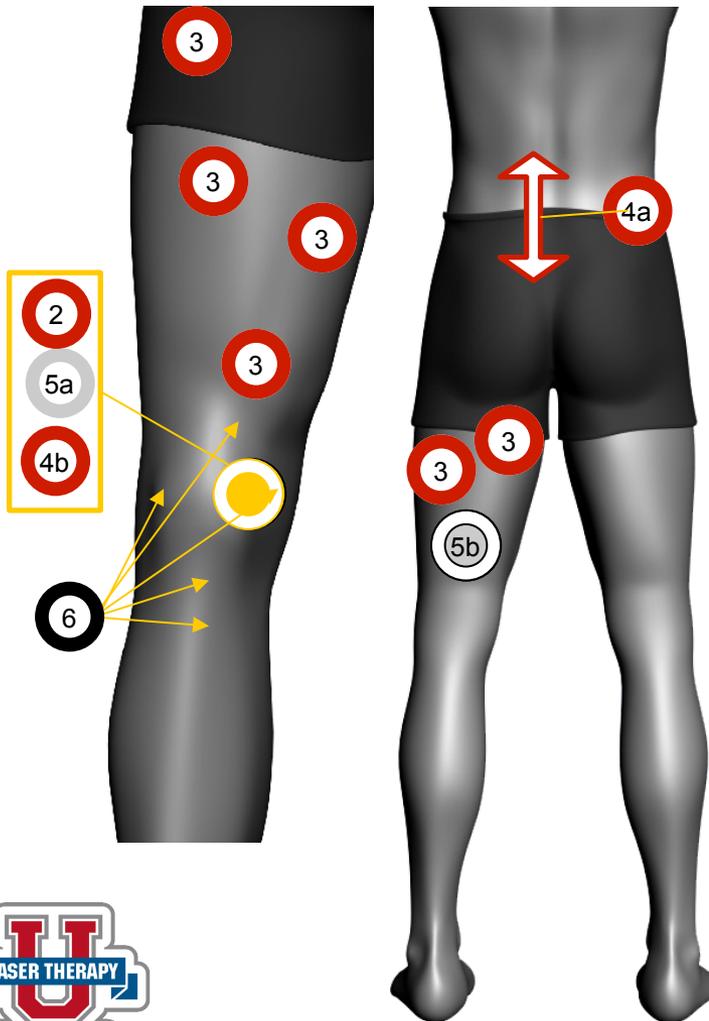


Priority	Principle	Frequency	Time
6th	ROM	1000, 3000 Hz	2-3 minutes
7th	Functional Strength: of affected muscle (s) <u>during</u> training/activity period	5-250 Hz pre activity or 1000 Hz immediately before	2-3 min scanning with LaserShower*

**# of treatments**

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# Priority Principle™: Plica Syndrome



Priority	Principle	Frequency	Time
-2	<48 Hours (Acute Injury)	5-1000 Hz	3 Minutes
0	Pain (PRN)	(PRN)	
2nd	Inflammation	50 or 5-250 Hz	DOSE
3rd	Spasms	1000 Hz	Pontinen's Principle
4th (a)	Pain (Systemic)	1000 Hz NRT	See Method
	<b>OR</b>		
(b)	Pain (Local)	1000, 3000 or 5000 Hz	3-5 minutes
5th (a)	Tissue Repair (Primary)	5-250 Hz	DOSE
	and		
(b)	Tissue Repair (Secondary)	50 Hz PHT (Popliteal)	5 minutes
6th	ROM	1000, 3000 Hz	2-3 minutes

