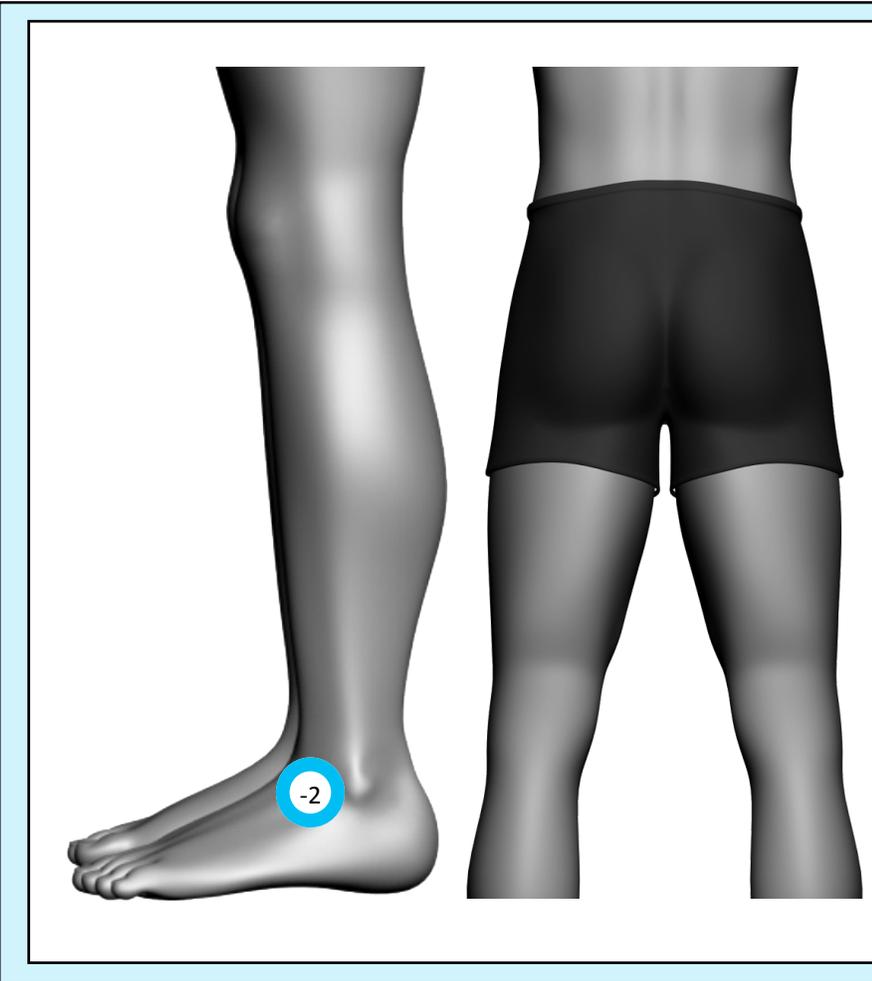




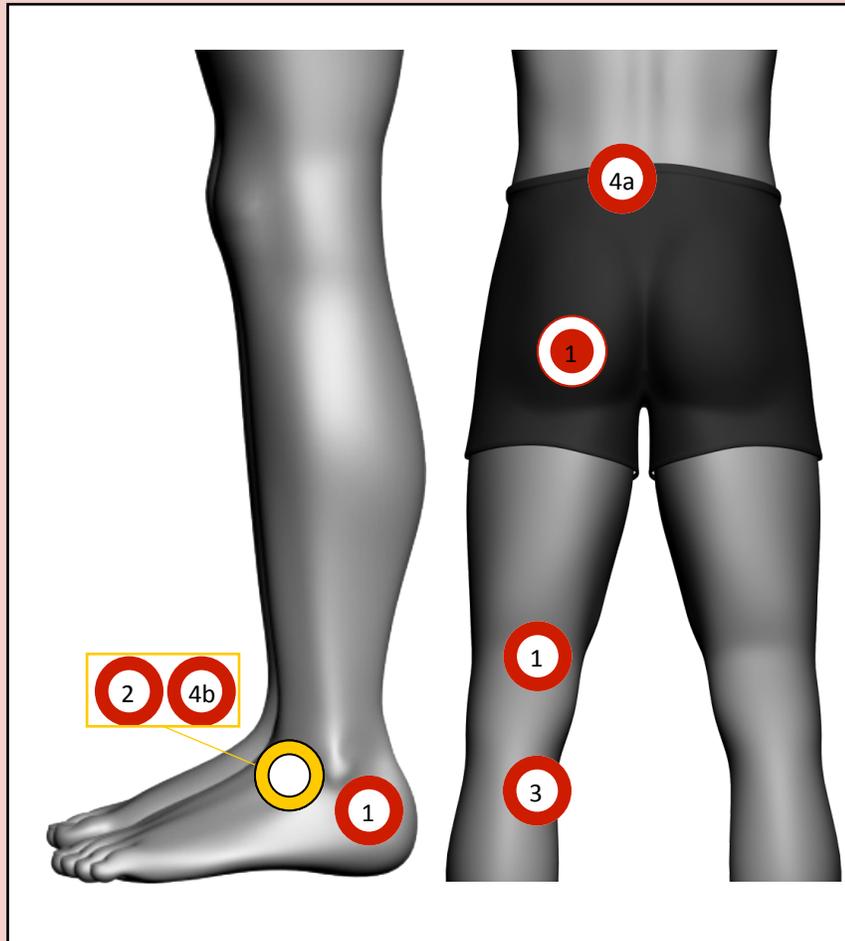
# Priority Principle™: Acute Ankle Sprain



	Priority	Principle	Frequency	Time
Taping/Bracing	-2	<48 Hours (Acute Injury)	5-1000	3 min

M E L T

# Priority Principle™: Acute Ankle Sprain



	Priority	Principle	Frequency	Time	
Therapeutic Exercise, Taping/Bracing	0	Pain (PRN)	1000, 3000, 5000	5 min	
	1st	Swelling/edema	1000-3000	1-2 min each	
	2nd	Inflammation	50	TARGET / DOSE	
	3rd	Spasms	1000 (PRN)	Pontinen's Principle	
	4th	(a)	Pain (Systemic)	500-1000 (NRT)	3 min
		(b)	Pain (Local)	1000 (PRN)	2-5 min

# Priority Principle™: Acute Ankle Sprain



	Priority	Principle	Frequency	Time
Therapeutic Exercise,	5th (a)	Tissue Repair (Primary)	5-250	TARGET / DOSE
	and			
	(b)	Tissue Repair (Secondary)	50 (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)	5-1000	3 min
	0	Pain (PRN)	1000, 3000, 5000	5 min
	1st	Swelling/edema	1000-3000	1-2 min each
	2nd	Inflammation	50	TARGET / DOSE
	3rd	Spasms	1000 (PRN)	Pontinen's Principle
	4th (a)	Pain (Systemic)	500-1000 (NRT)	3 min
		and/or		
	(b)	Pain (Local)	1000 (PRN)	2-5 min
	5th (a)	Tissue Repair (Primary)	5-250	TARGET / DOSE
		and		
(b)	Tissue Repair (Secondary)	50 (PHT)	5 min	
6th	ROM	1000	See Method	

