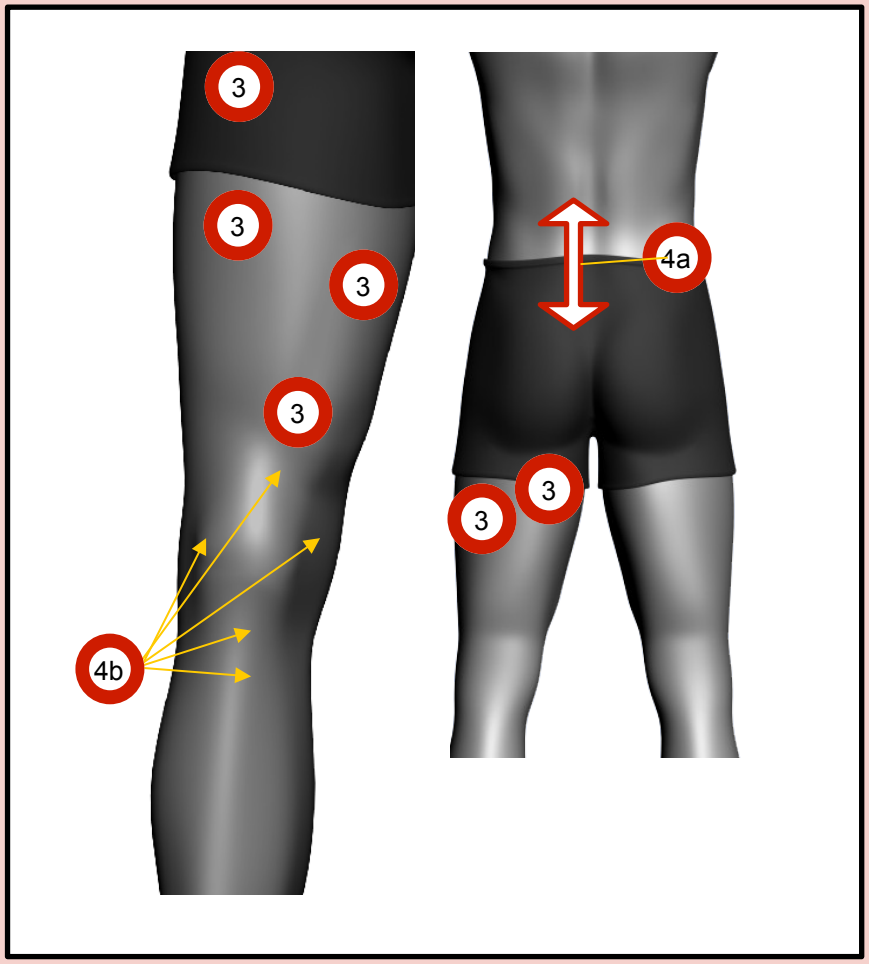
Priority Principle™: Patellofemoral Pain Syndrome



Priority	Principle	Frequency	Time
3rd	Spasms	1000 Hz	Pontinen's Principle
4th (a)	Pain (Systemic)	1000 Hz NRT	See Method
	OR		
(b)	Pain (Local)	1000, 3000 or 5000 Hz	3-5 minutes

# of treatments					

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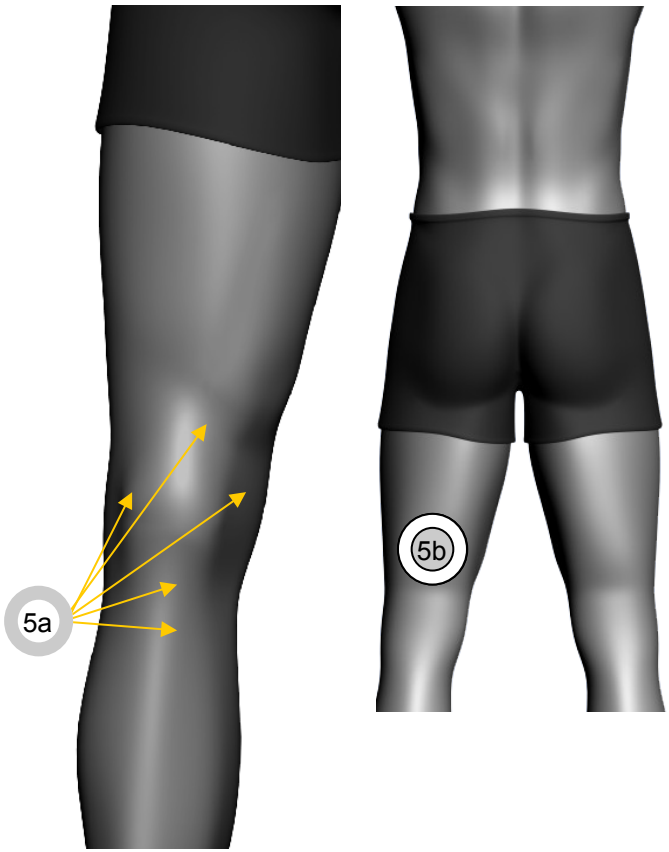

Priority	Principle	Frequency	Time
5th (a)	Tissue Repair (Primary)	250 Hz	DOSE
	and		
(b)	Tissue Repair (Secondary)	50 Hz PHT (Popliteal)	5 minutes

# of treatments					

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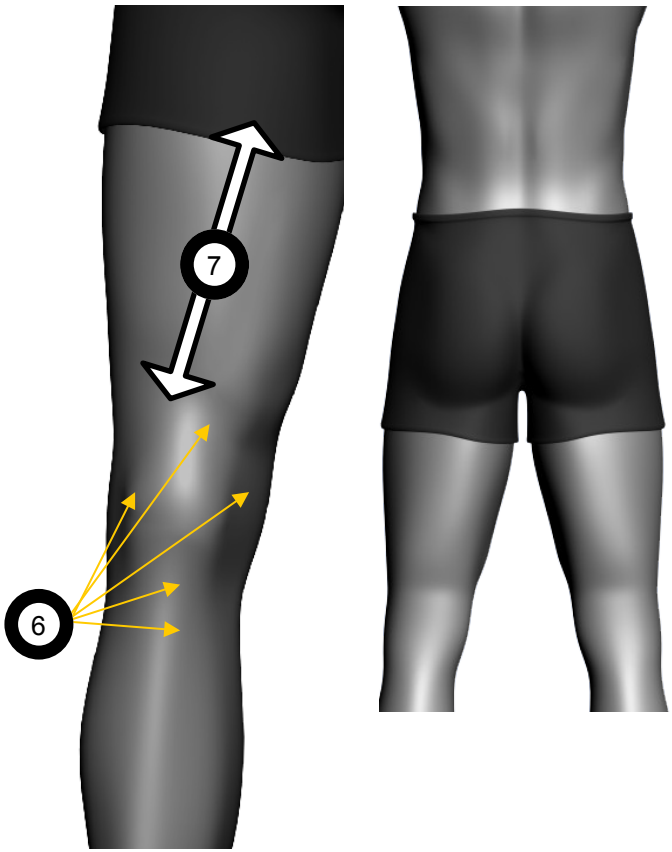

Priority	Principle	Frequency	Time
6th	ROM	1000, 3000 Hz	2-3 minutes
7th	Functional Strength: of affected muscle (s) during training/activity period	5-250 Hz pre activity or 1000 Hz immediately before	2-3 min scanning with LaserShower*

# of treatments					

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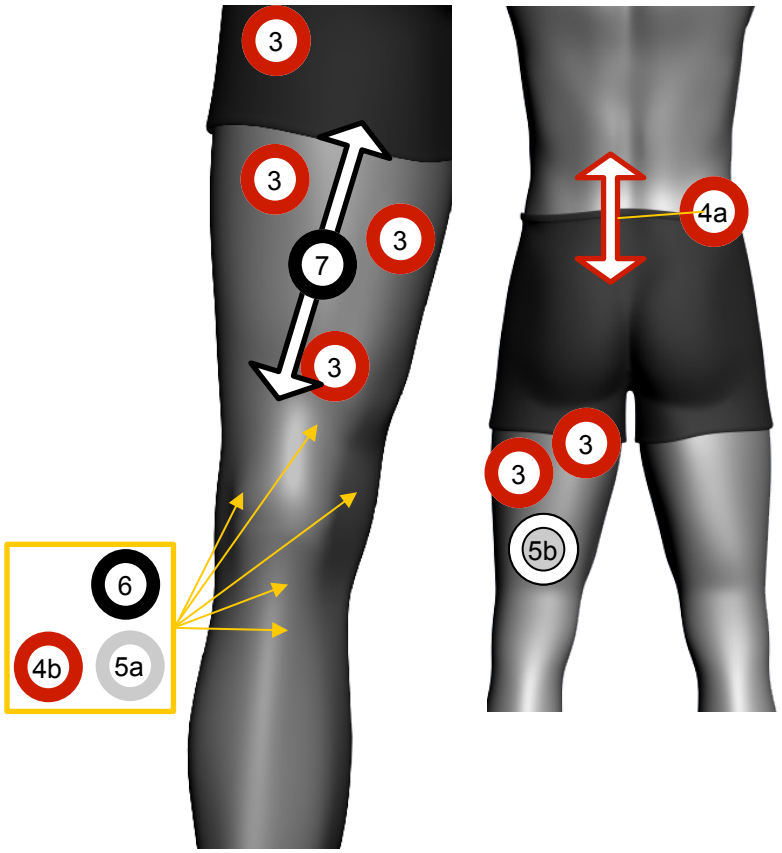

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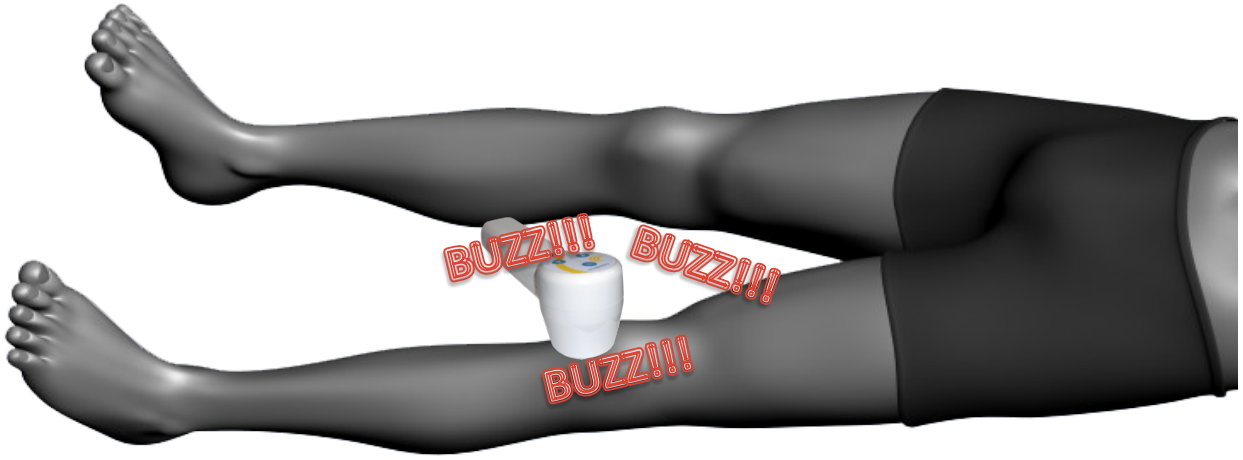
	4(b)	At site of Acute pain	1000, 3000, 5000, 1000-3000 Hz	3-5 min per location, scanning slowly no < 50 cm^2
OR				
	4(b)	At site of Chronic pain	1000, 3000, 5000, 1000-3000 Hz	5-10 min per location, scanning slowly no < 50 cm^2,

Pain Level	Laser Setting
1-3	1000 Hz
4-6	3000 Hz
7-10	5000 Hz

	Pain Level	EMS Setting
●	1-3	Minimal
●	4-6	Moderate
●	7-10	Maximal



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