



# Priority Principle™

***Priority Principle™*** is a dynamic methodology used for integrating low level laser therapy and other methods/modalities into clinical practice by prioritizing the current physiological and functional needs of the patient and then applying the appropriate dose and application process to maximize the phototherapeutic responses and patient outcomes to the target tissue.



# Priority Principle™



- 2 Acute <48 Hours

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- 1 General Stimulation

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- 1st Swelling/edema
- 2nd Inflammation
- 3rd Spasms
- 4th Pain (a),(b)

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- 5th Tissue Repair (a),(b)

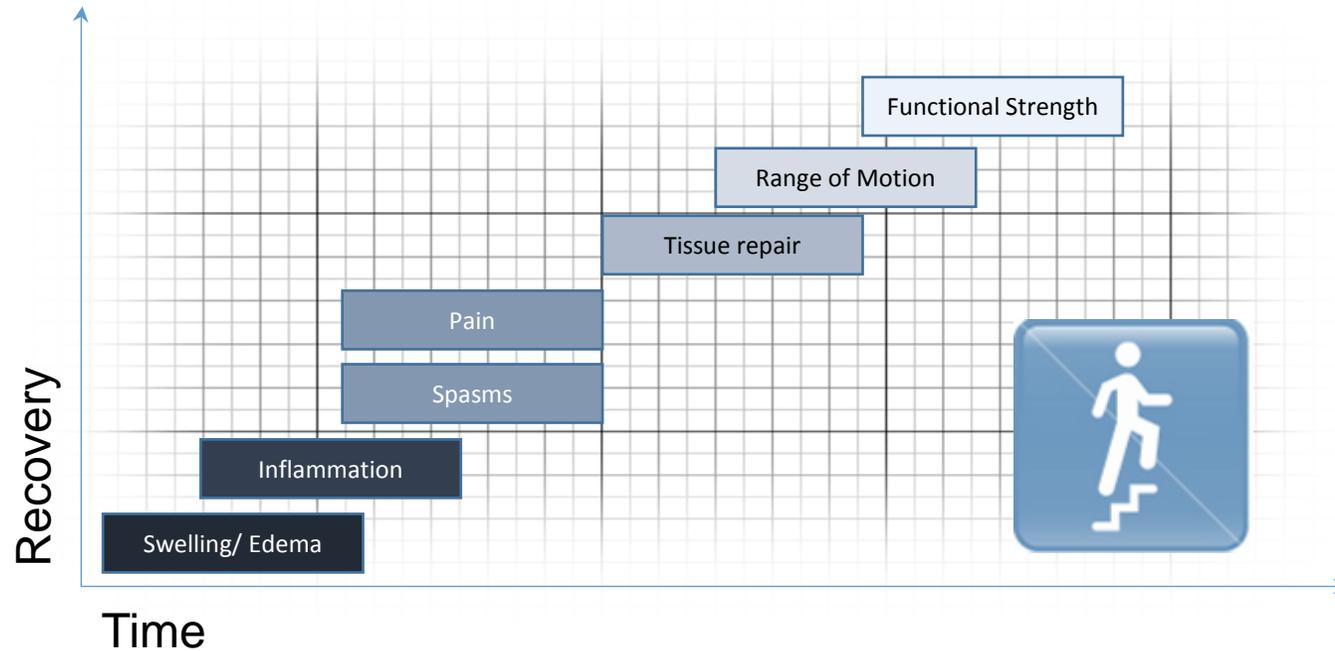
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- 6th ROM
- 7th Functional Strength

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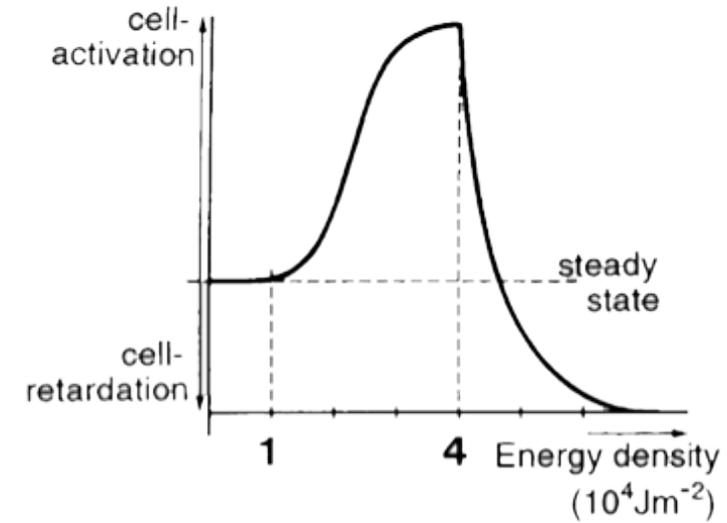


# Priority Principle™ (Visualized)



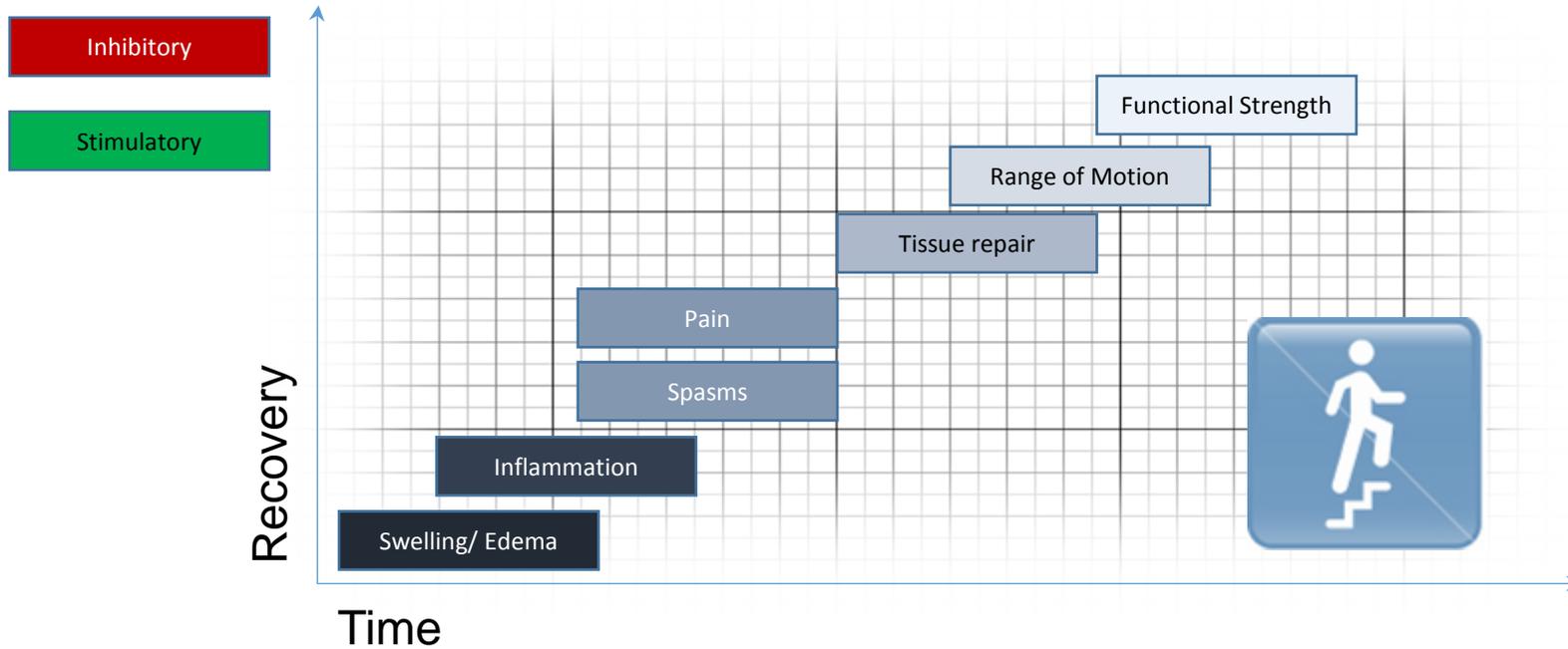
# Arndt Schultz Principle

- Weak stimuli activate physiological processes
- Very strong stimuli inhibit physiological responses
- Stimulatory
- Inhibitory
- Biphasic Dose

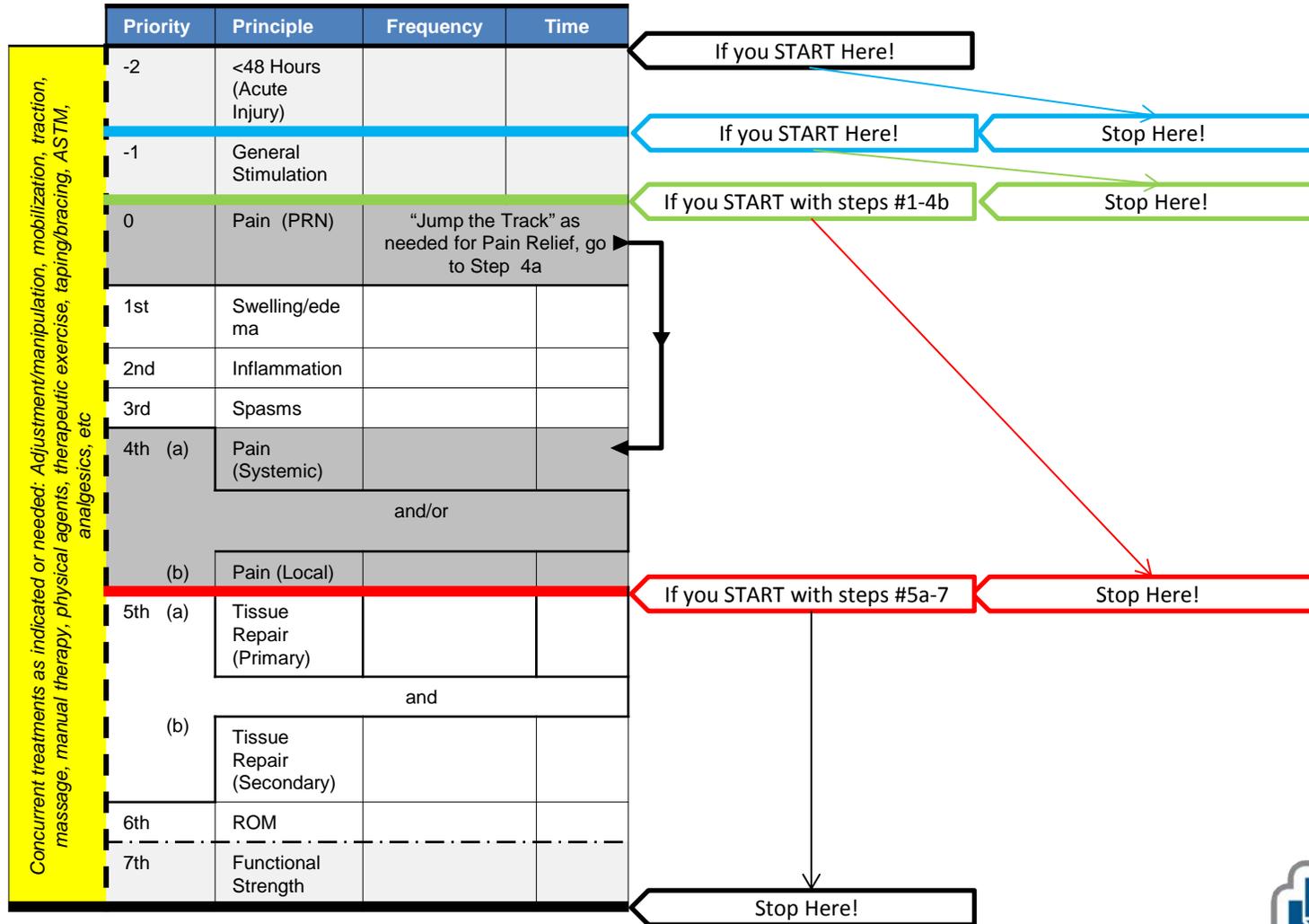




# Priority Principle™ Settings/Recommended Doses

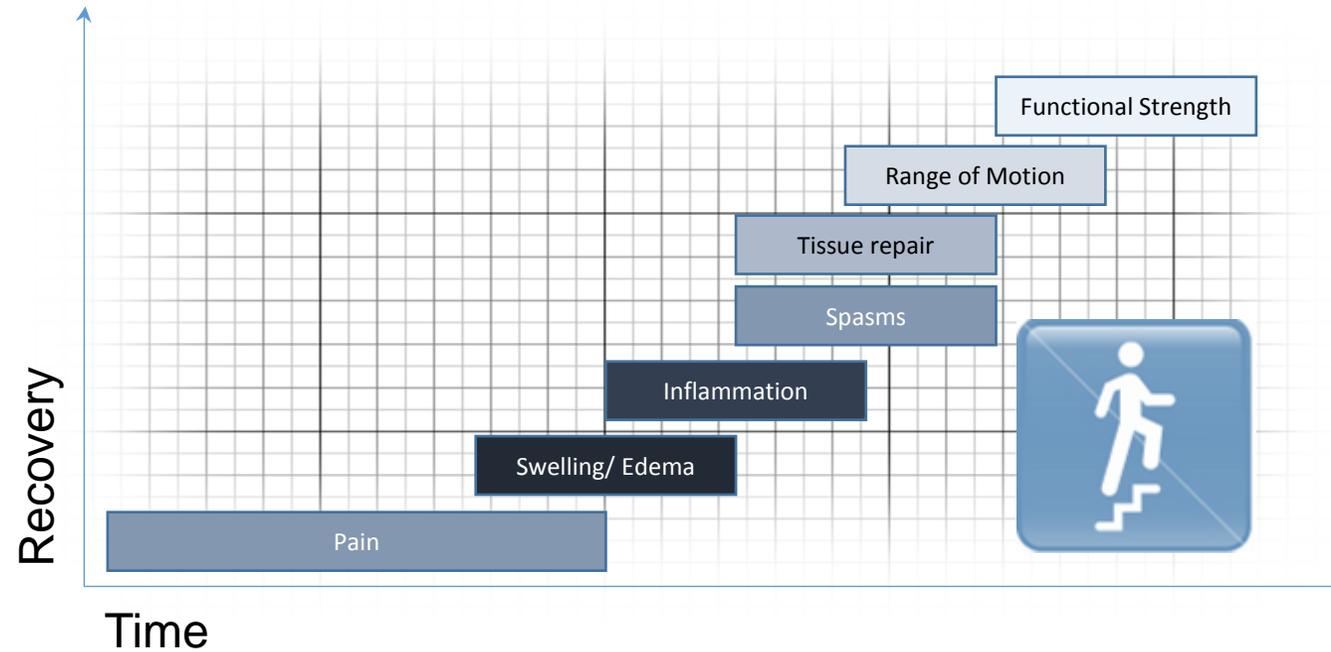


# Priority Principle™: Beginning and End Points





# “Jumping the Track” (Pain)





# Priority Principle™

## “Jumping the Track” (Pain)

<i>ed or needed: Adjustment/manipulation, mobilization, physical agents, therapeutic exercise, taping/bracing, analgesics, etc</i>	0	Pain (PRN)	“Jump the Track” as needed for Pain Relief, go to Step 4a		
	1st	Swelling/edema			
	2nd	Inflammation			
	3rd	Spasms			
	4th	(a)	Pain (Systemic)		
		and/or			
(b)	Pain (Local)				





# The Right Tools for the Job





# The Right Tools for the Job

- Probe Selection:
  - LaserShower LS50
  - LaserStim
  - Photoprobes
- Application Methods:
  - Static
  - Scanning
- When to apply:
  - Laser therapy and other modalities
- Principles:
  - Oshiro's Proximal Priority Principle + Woodpecker technique for Lymphatic drainage
  - Pontinen's Principle for trigger points and muscle spasm reduction





# LaserShower



LaserShower

- Minimum of 3-5 minutes per location
- Doses are based in unit “time”
- Time is necessary to cause inhibition which is reached quickly with higher frequencies
- Slowly scan the affected area about 1 cm/second



# LaserStim



LaserStim

- Use TARGET to identify potential treatment zones
- Use DOSE to provide “optimal” dosage
- Scan all local areas associated with the injury
- **Green** means GO
- **Red** means STOP



# Clinical Benefits of LaserStim™

- TARGET
  - Quickly locates and detects biologically active points and potential laser therapy targets
- DOSE
  - Automatically provides an optimal dose of energy  
(Both light & electrical stimulation)
- Combination Therapy
- *“....successful outcomes are a matter of adequate dosage and hitting the right target...”*





# Acupuncture and Muscle Trigger Probes Set of 4

- Contains: Auricular, Corporal, Utility and Wound Lenses
- Fiber optic light guides are intended to enhance functional potentialities of the super pulsed laser
- Constructed of non-toxic, optical organic glass
- Facilitate disinfection of the probe





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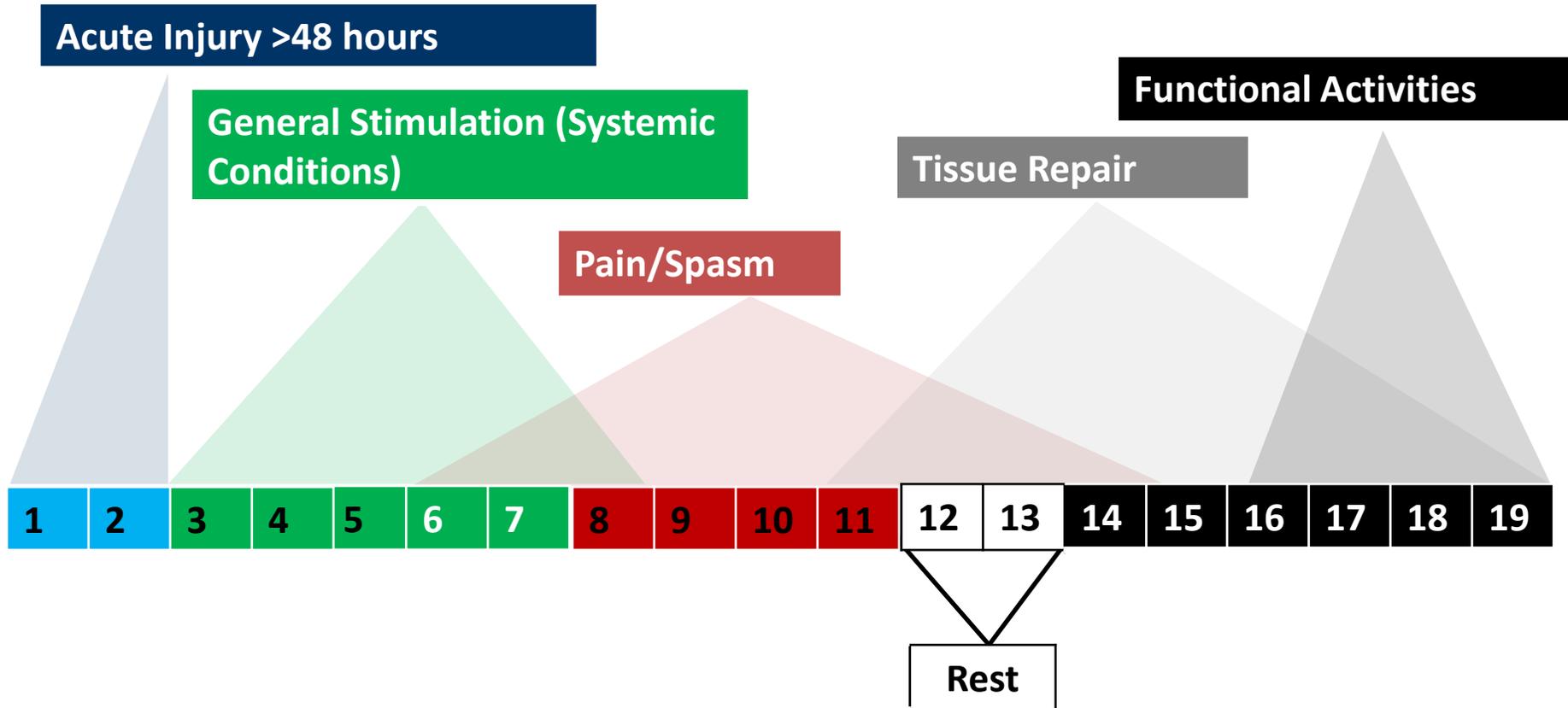
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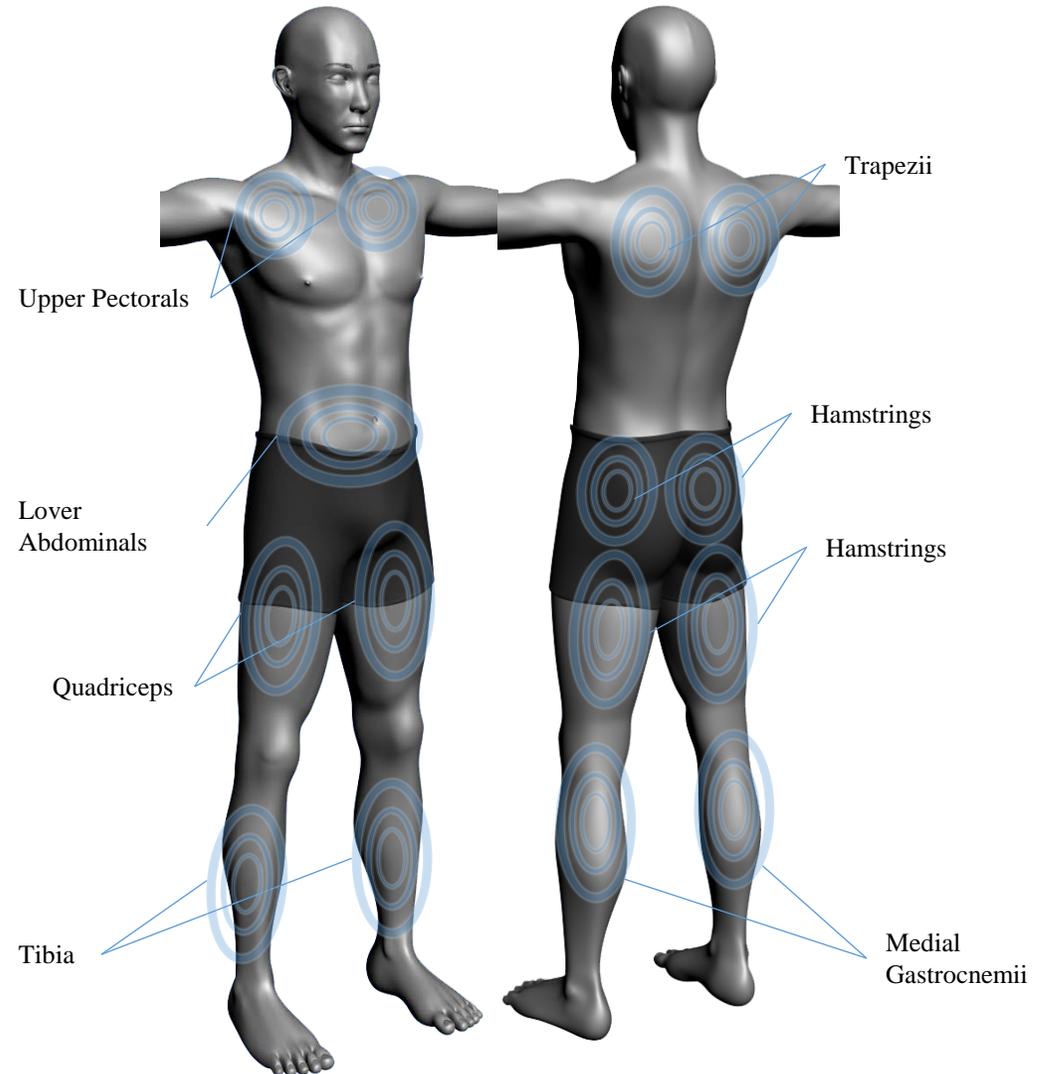


# Priority Principle™: Fluidity



# Priority Principle™: -2 Acute Injury

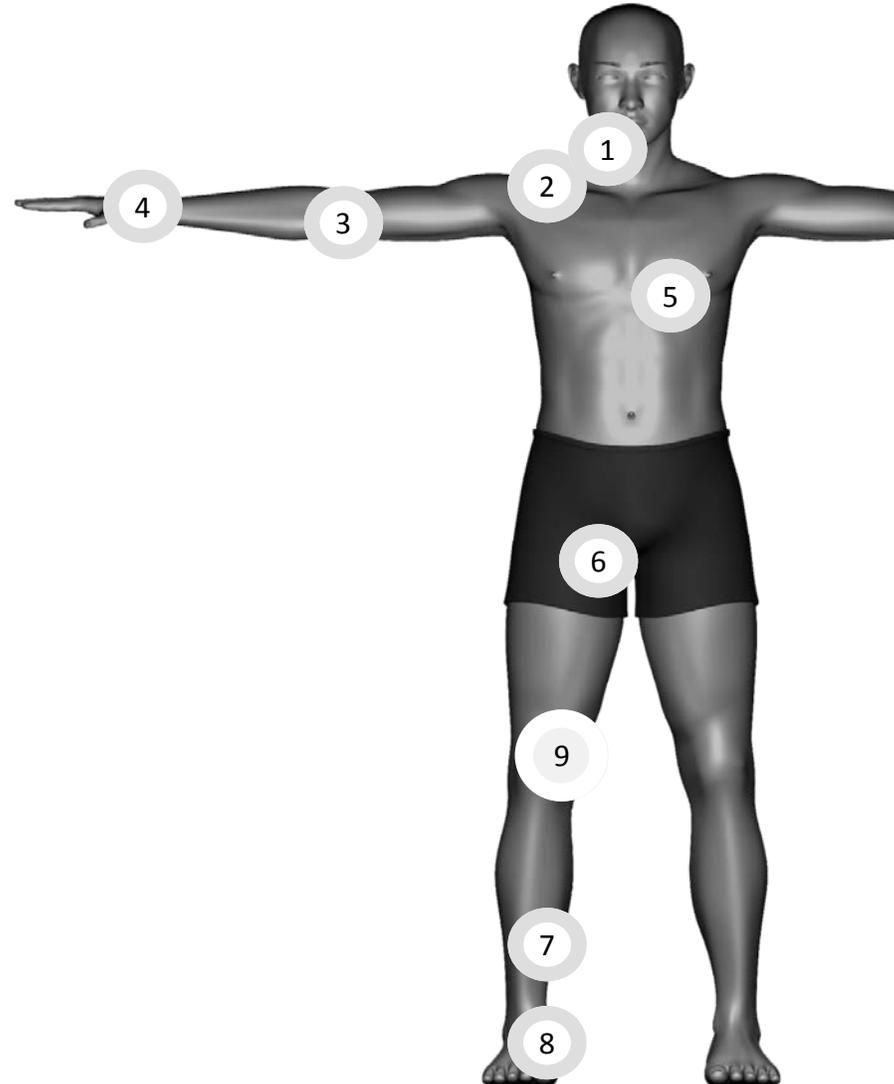
Pre	-2	<48 Hours (Acute Injury): At any acute spasm <48 Hours	5-1000 Hz	3 min scanning with LaserShower
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# Priority Principle™: -1 General Stimulation (PHT)

Post	-1	General Stimulation via PHT	50 Hz (prior to activity) (Apex beat 5 Hz ONLY)	5 min with LaserShower
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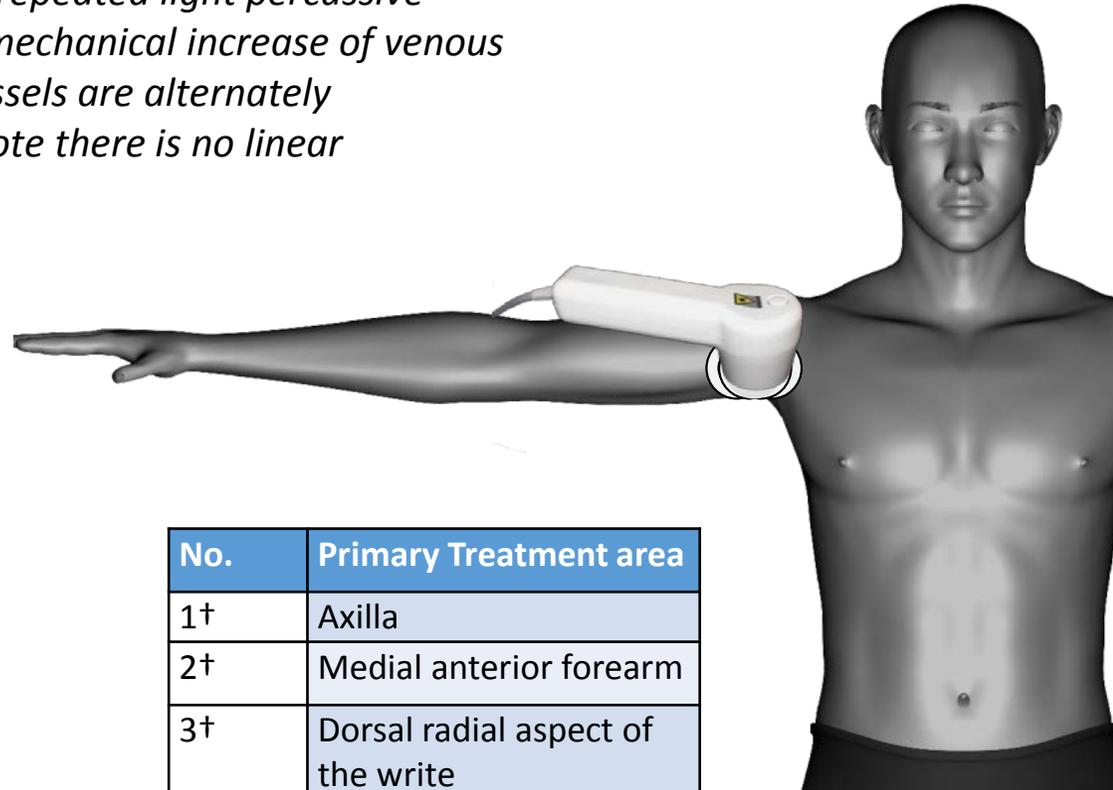
No.	Treatment area
1	Carotid Artery
2	Subclavian Artery
3	Brachial Artery
4	Radial Artery
5	Apex Beat (5 Hz Only)
6	Femoral
7	Tibial Artery
8	Dorsalis Pedis
9	Popliteal Artery (from behind knee)



# Priority Principle™: 1 Swelling/Edema

1st	Swelling/Edema	1000, 3000, 1000-3000 1-2 min per location	Oshiro's Principle, Proximal Priority Principle
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- *Treatment must always begin at the most proximal drainage site of the affected extremity and precede distally, Oshiro's Principle*
- *Woodpecker Technique: The repeated light percussive strokes may well help in the mechanical increase of venous and lymphatic flow as the vessels are alternately compressed and released. Note there is no linear movement of the diode.*



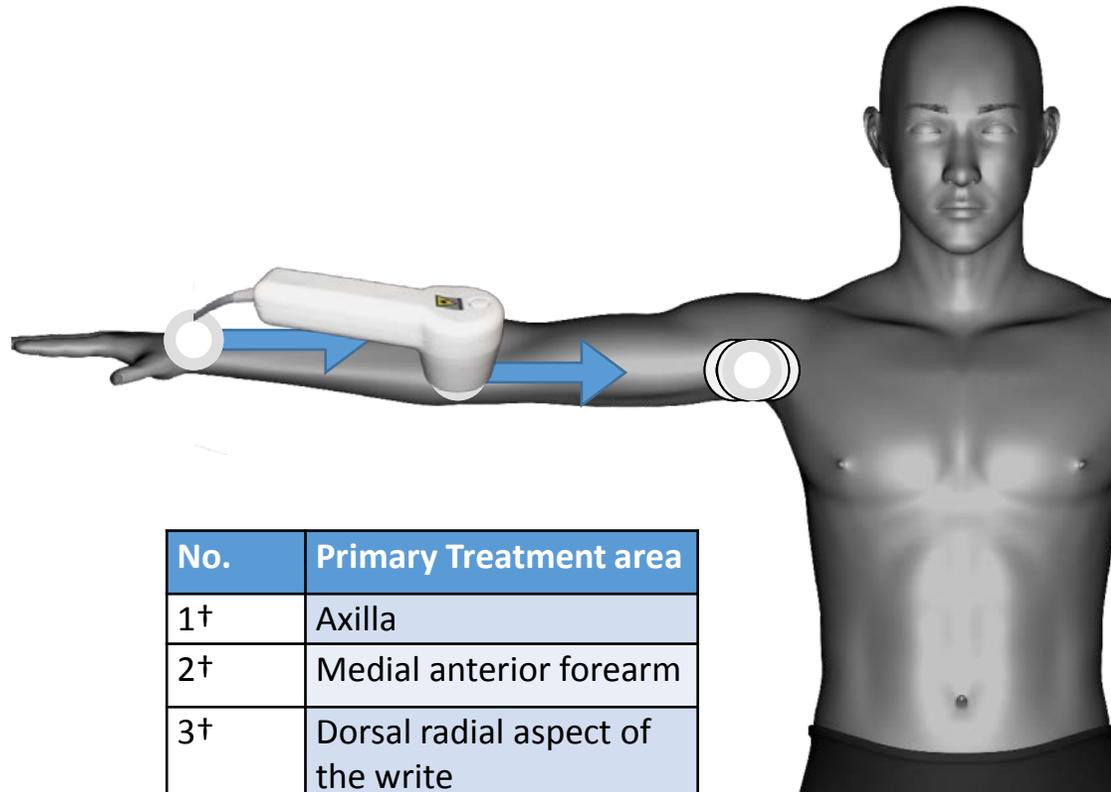
No.	Primary Treatment area
1†	Axilla
2†	Medial anterior forearm
3†	Dorsal radial aspect of the write



# Priority Principle™: 1 Swelling/Edema

1st	Swelling/Edema	1000, 3000, 1000-3000 1-2 min per location	Oshiro's Principle, Proximal Priority Principle
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- *Move the emitter from distal to proximal with slight over pressure*
- *Cold compress or ice in axilla area if tolerated*



No.	Primary Treatment area
1+	Axilla
2+	Medial anterior forearm
3+	Dorsal radial aspect of the wrist

# Priority Principle™: 1 Swelling/Edema

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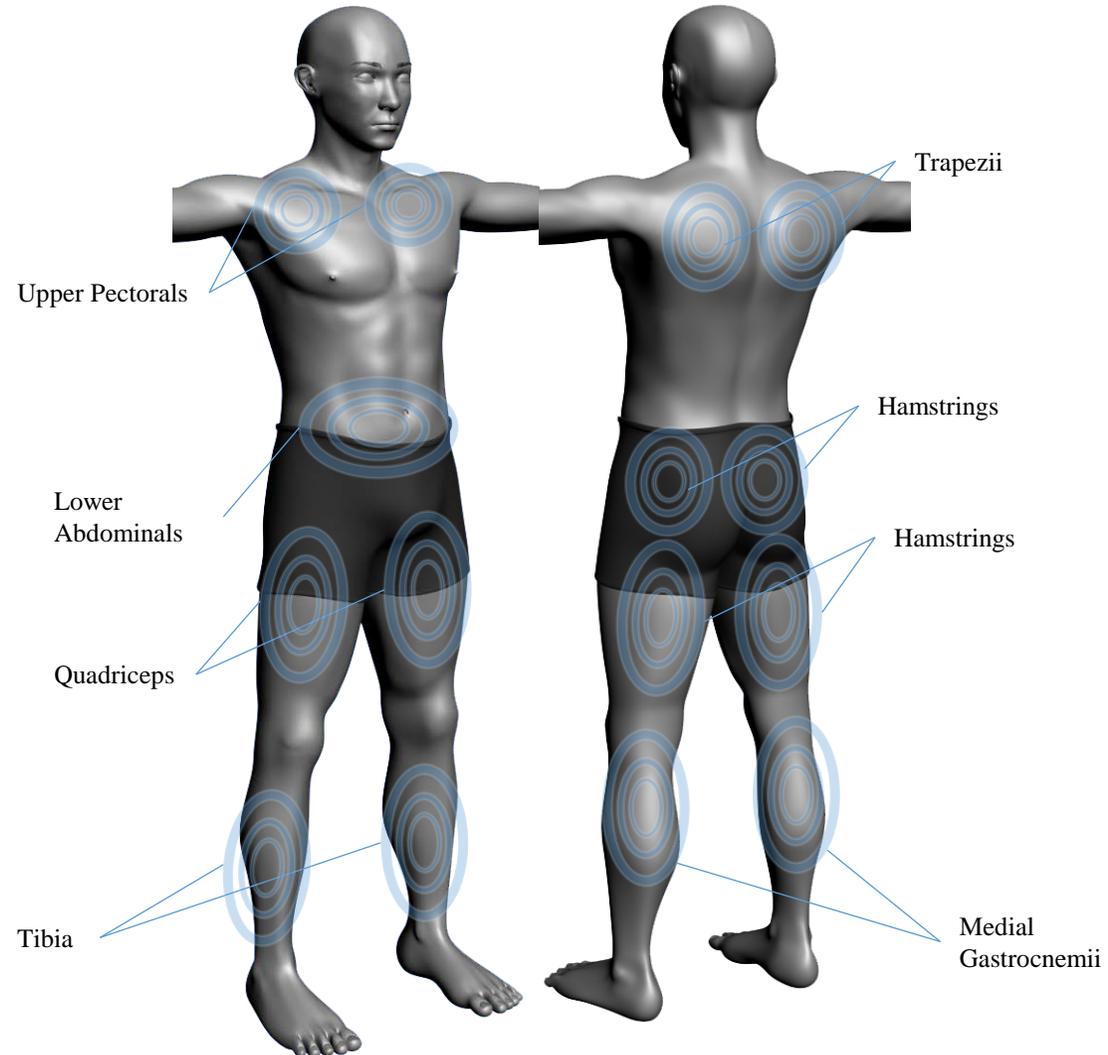
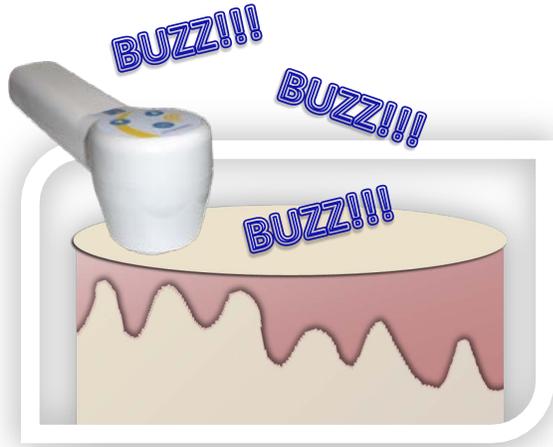
- *Move the emitter from distal to proximal with slight over pressure*
- *Cold compress or ice in popliteal area if tolerated*

No.	Primary Treatment area
1†	Groin, inguinal triangle of affected extremity
2†	Popliteal Fossa of affected extremity
3†	Lateral posterior malleolus of affected extremity



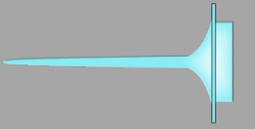
# Priority Principle™: 2 Inflammation

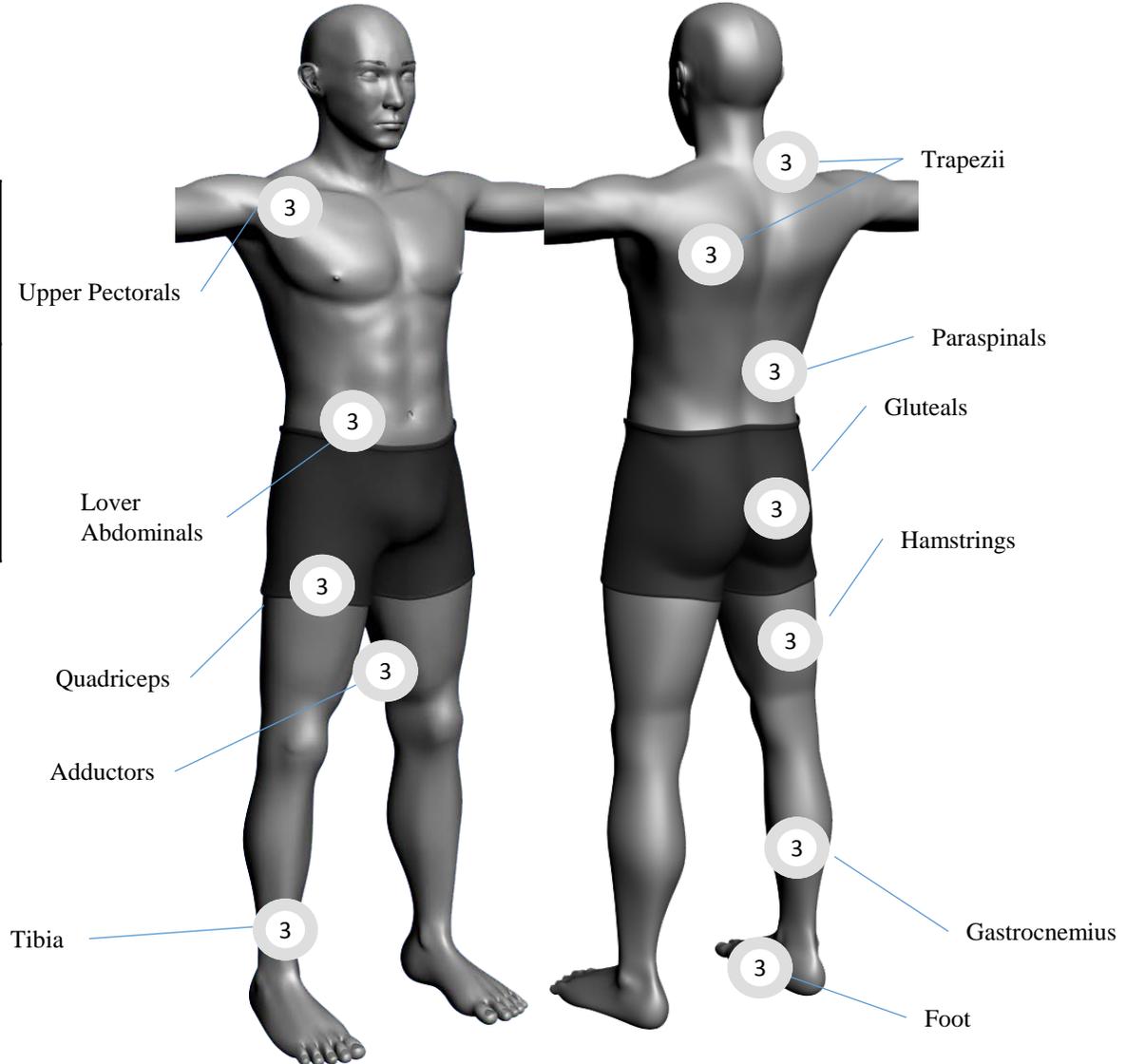
2	Inflammation	5, 50, 5-50	DOSE with LaserStim
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# Priority Principle™: 3 Muscle Spasm

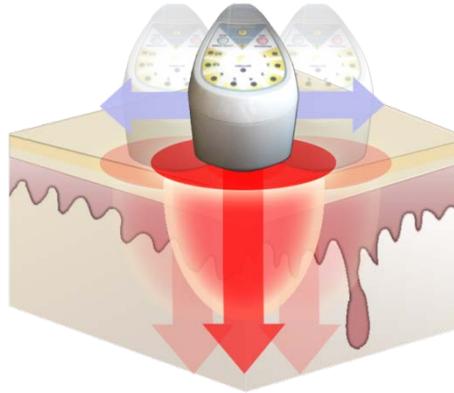
Post	3rd	Spasms: at palpable spasms in affected area, active and latent	1000 or 3000 Hz with Photoprobes	Pontinen's Principle
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	<p><b>Corporal Probe:</b> Corporal acupuncture is done on points on the body. This probe can also be used for muscle trigger and motor points.</p>
	<p><b>Utility Probe:</b> This is an inter cavity probe designed for treatment of the mouth and ears. It may additionally be used as a point probe for patients that may find the corporal probe uncomfortable.</p>

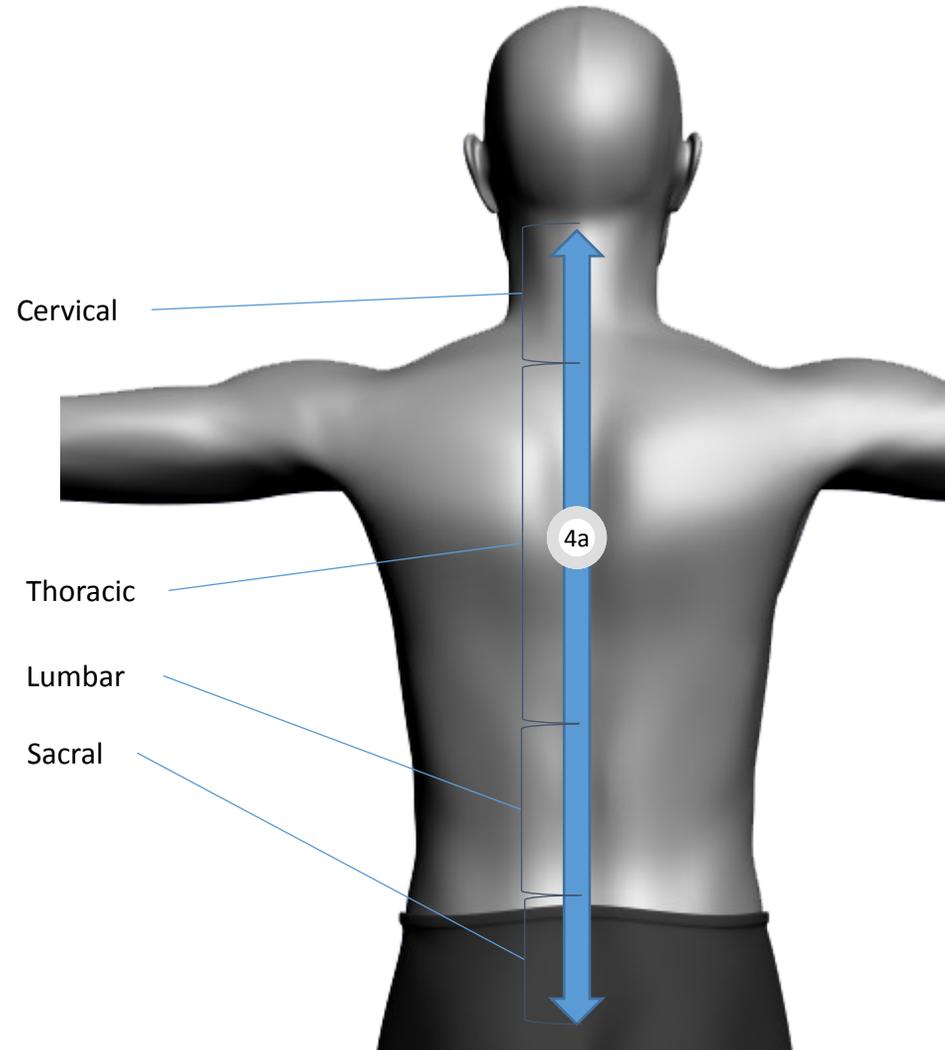


# Priority Principle™: 4a Pain (Systemic)

Post	4th (a)	Pain (Systemic)	1000, 1000-3000, 3000 or 5000	5 min scanning the affected spinal level (above and below) with LaserShower
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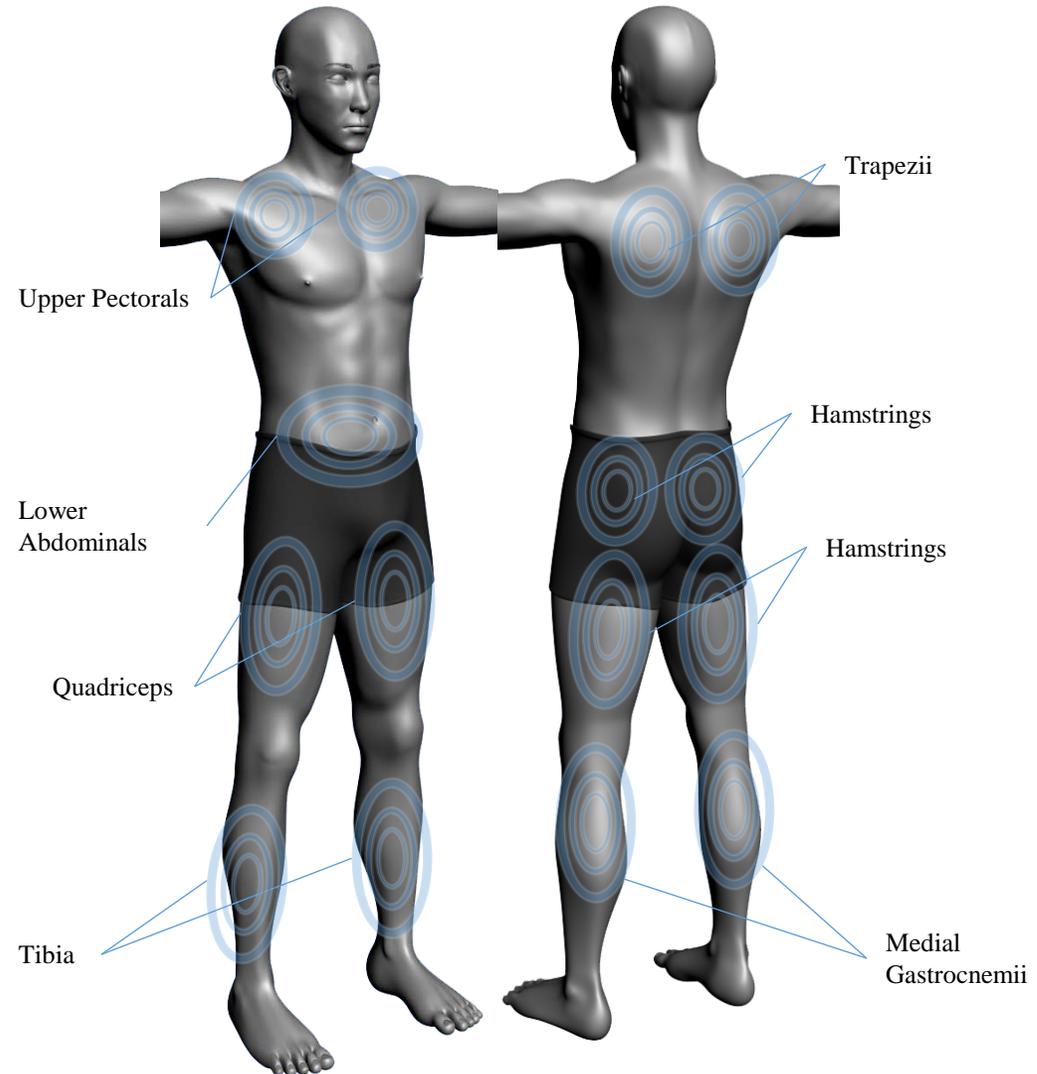


**Scanning Technique:** Only utilize this Priority when the “patient” reports pain and discomfort in a particular area. Note location may vary from patient to patient. Frequency selection is based upon severity of the reported pain (1000 for Mild, 1000-3000 for Moderate, and 5000 Hz for Severe).



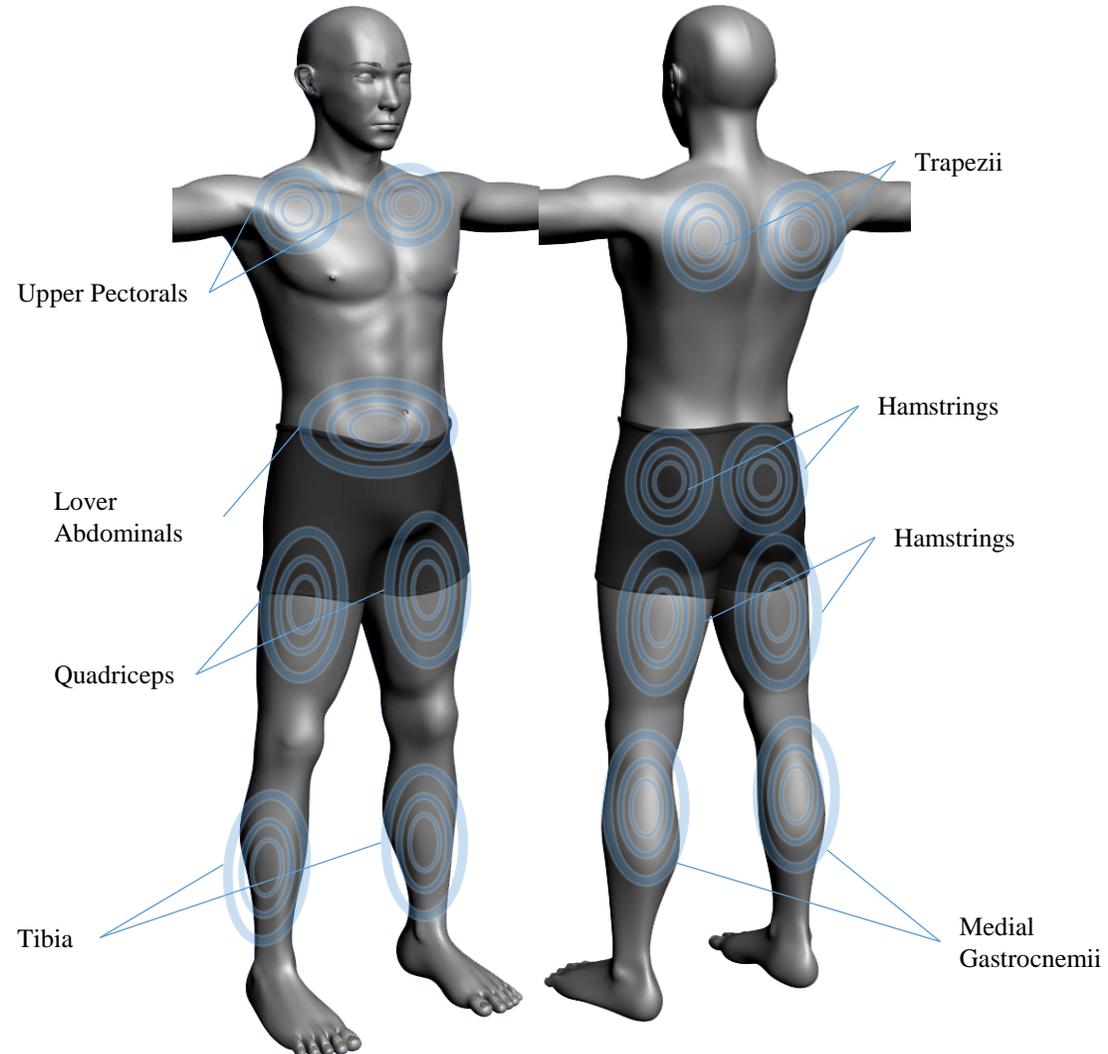
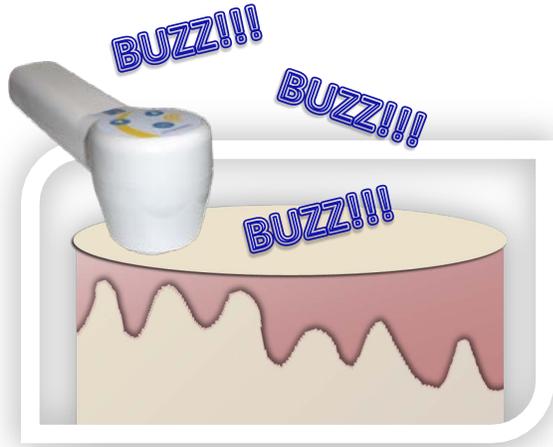
# Priority Principle™: 4b Pain (Local)

4b	Pain (Local)	1000, 3000, 5000, 1000-3000 Hz	3-5 min per location
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# Priority Principle™: 5a Tissue Repair (Primary)

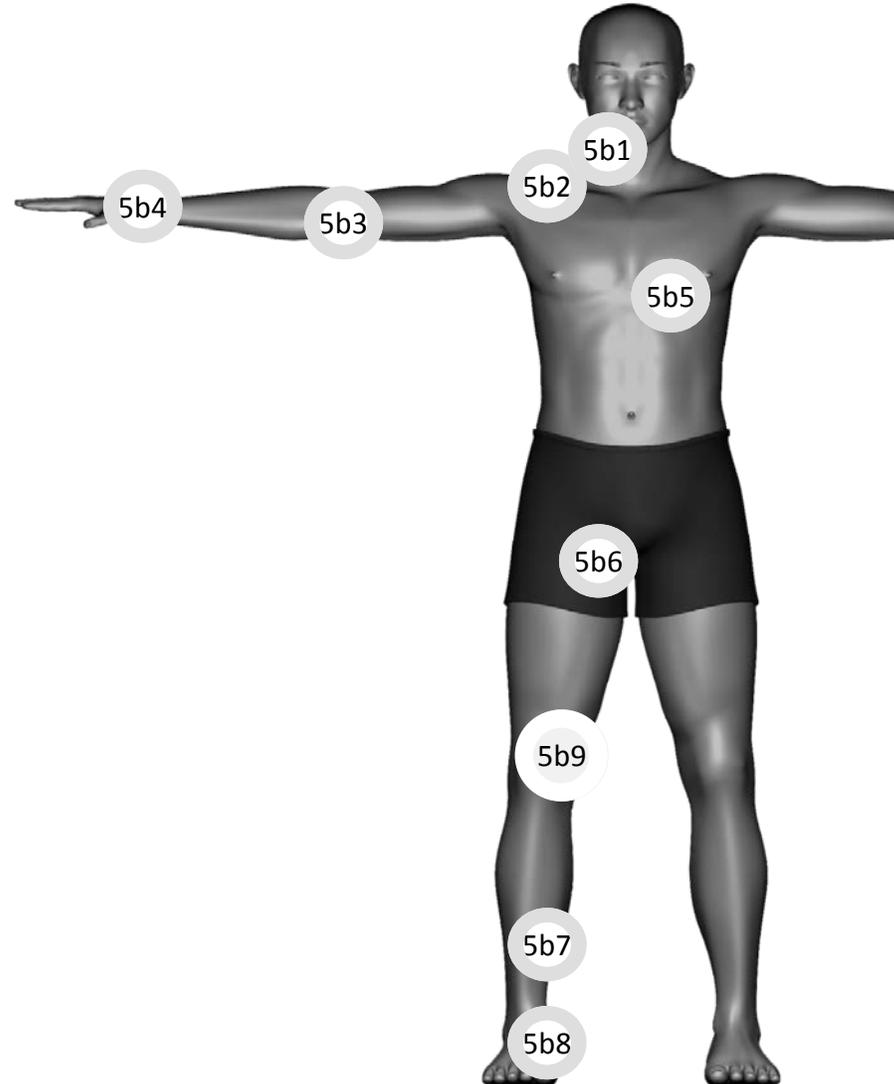
	5th (a)	Tissue Repair (Primary) at TARGET Identified Locations of spastic area including key and satellite points	5 Hz (Tissue) 5-250 (Muscle/Tendon) 250 hz (Bone) 500-1000 Hz (Nerve)	DOSE with LaserStim
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# Priority Principle™: 5b TR(S) Photohemotherapy

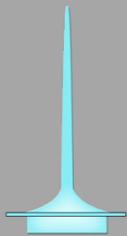
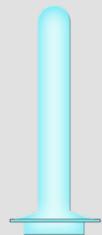
	5 (b)	Tissue Repair (Secondary/Improvement of blood circulation/removal of toxins)	50 Hz (prior to activity) (Apex beat 5 Hz ONLY) PROXIMAL to the site of injury/target tissue	5 min with LaserShower
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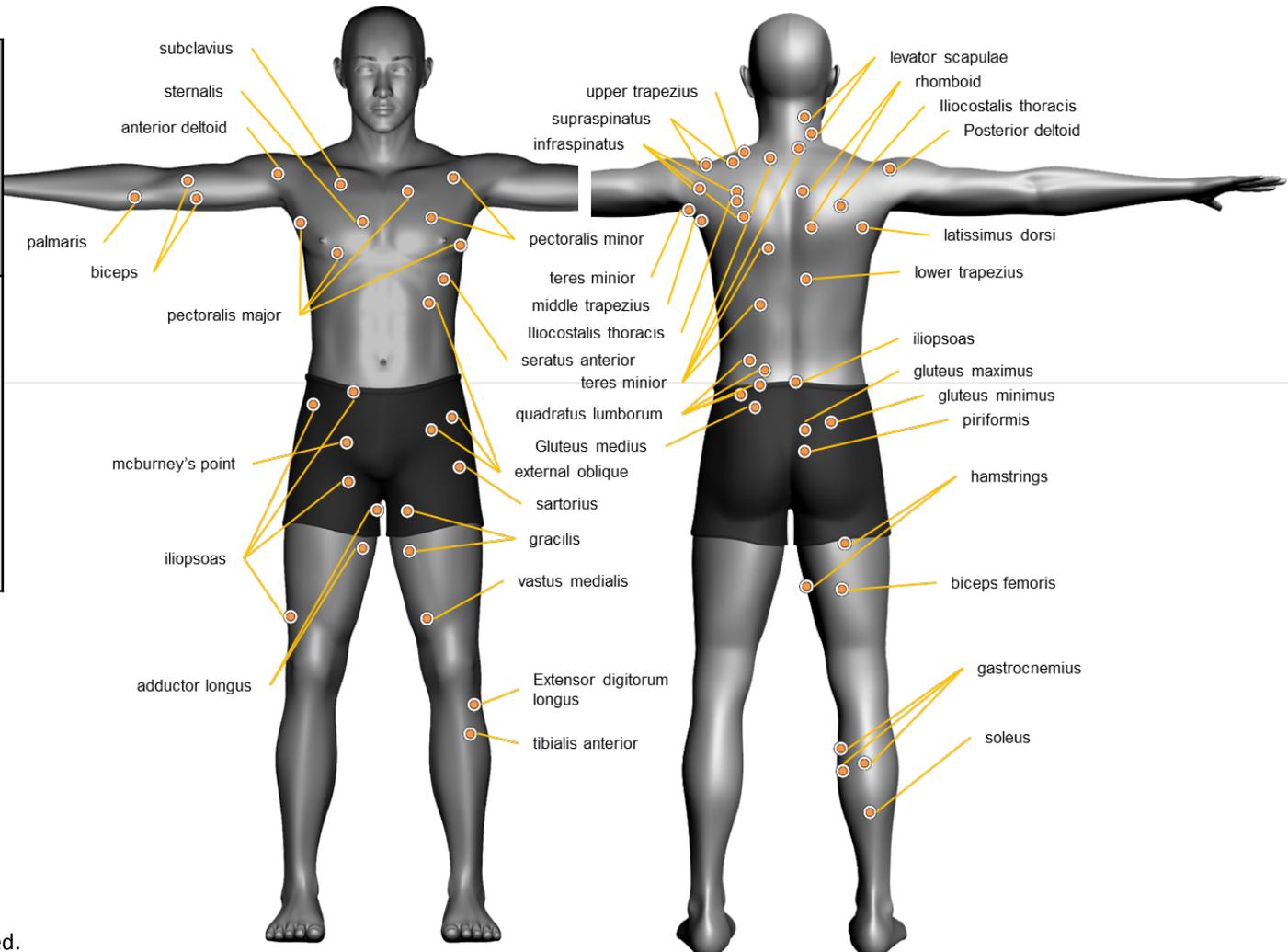
No.	Treatment area
5b1	Carotid Artery
5b2	Subclavian Artery
5b3	Brachial Artery
5b4	Radial Artery
5b5	Apex Beat (5 Hz Only)
5b6	Femoral
5b7	Tibial Artery
5b8	Dorsalis Pedis
5b9	Popliteal Artery (from behind knee)



# Priority Principle™: 5b TR(S) Muscle Spasm and Trigger Points

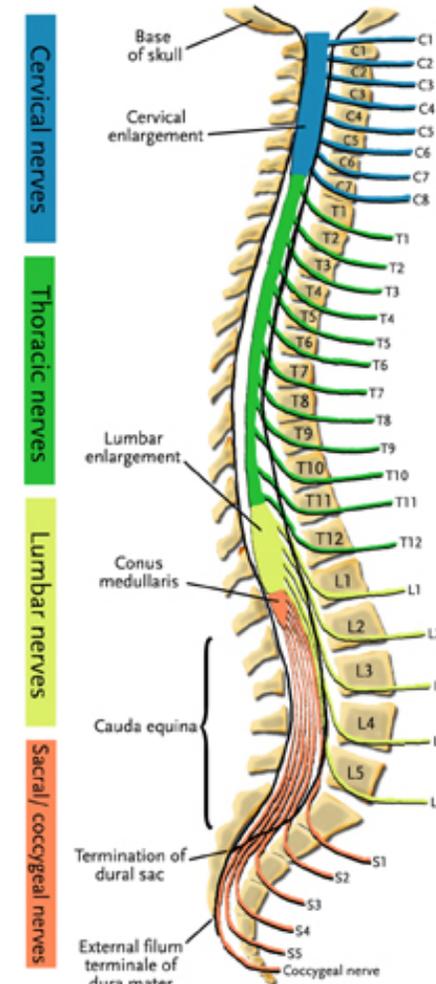
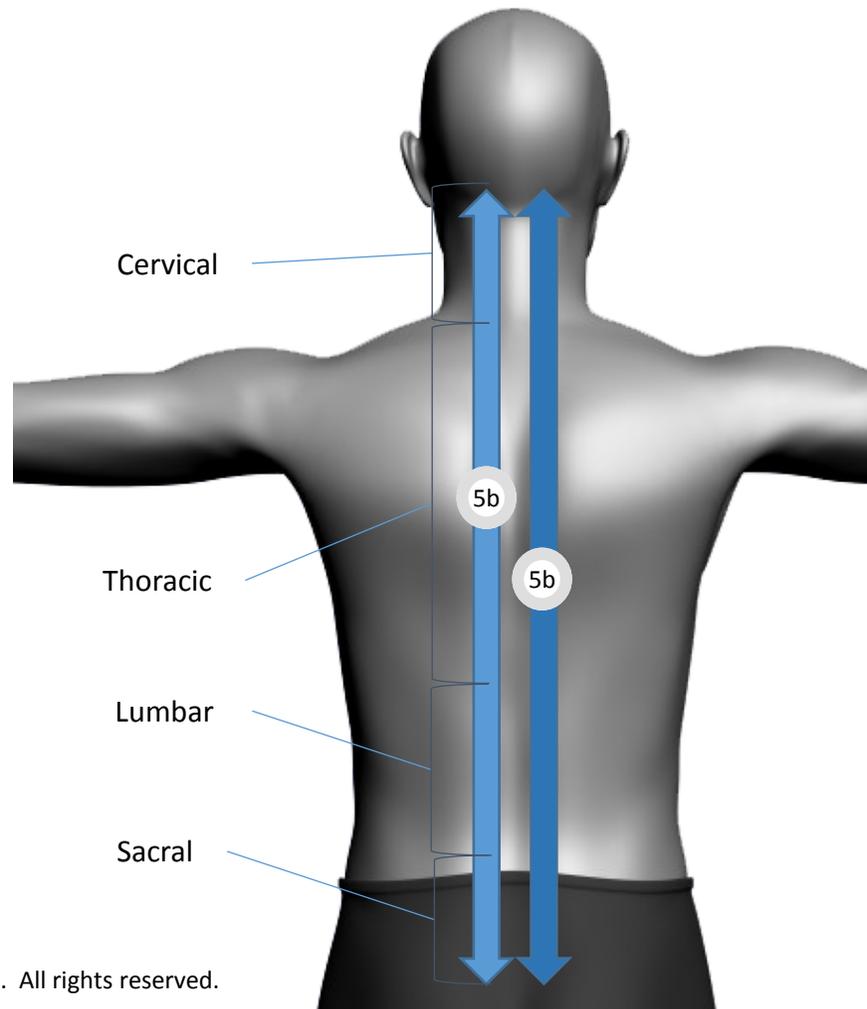
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# Priority Principle™: 5b TR(S) Nerve Roots and Trunks (NRT)

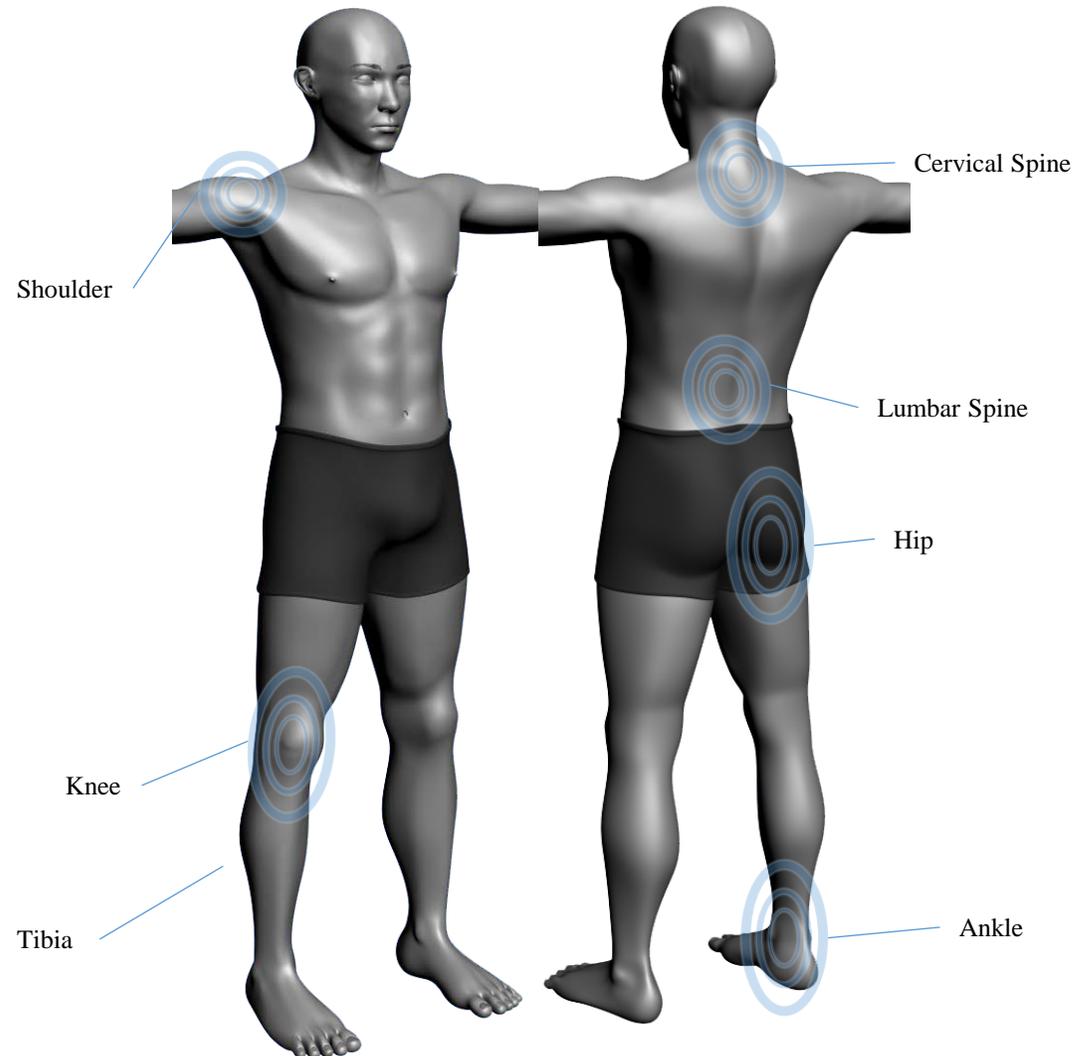
	5 (b)	Restoration/improvement of neurological function	500-1000, 1000, or 1000-3000 Hz	2-4 minutes scanning affected level, above and below, bilaterally with majority of the time on affected side
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# Priority Principle™: 6 Range of Motion

6th	ROM: to all affected and limited joints at 3-4 location per joint line (Tender points or AHSHI points)	1000 Hz or greater	1-2 min with LaserStim or Photoprobe attachment
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No of AHSHI Points	Affected joint
2-3	Fingers
3-4	Wrist
4	Elbow
4-5	Shoulder
3-4	Cervical Spine
3-4	Thoracic Spine
3-4	Lumbar Spine
4-5	Hip
3-4	Knee
3-4	Ankle
2-3	Toes



# Priority Principle™: 7 Functional Strength

<b>Massage</b>	Pre	7th	<b>Functional Strength: of affected muscle(s) <u>during</u> training/activity period</b>	50 Hz (prior to activity)	<b>2-3 min scanning with LaserShower</b>
	Post			5-250 (post activity)	

