

Priority Principle™: General Settings For GameDay Super Pulsed Laser

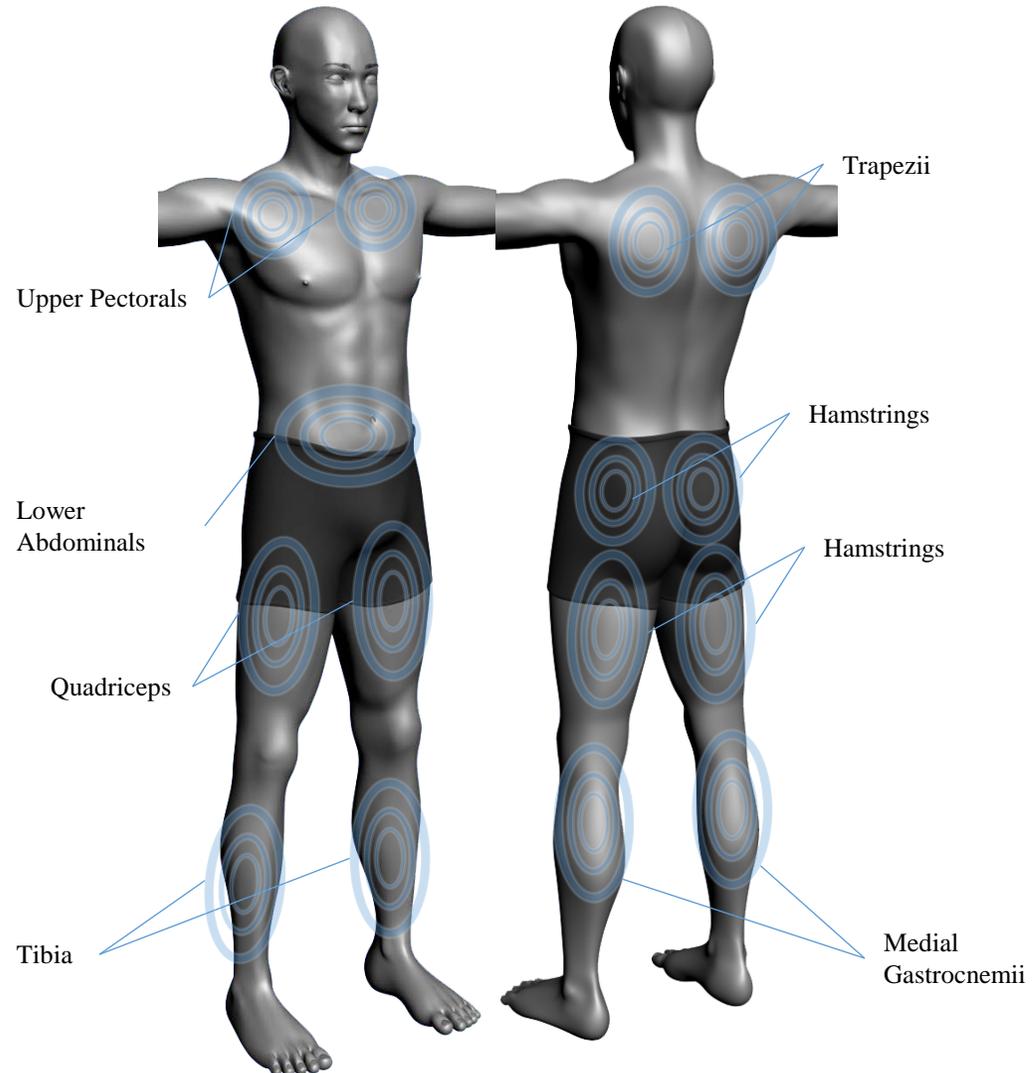
-2	Acute <48 Hours	Stimulatory	Mode 3 + 2	1000 Hz + 5-250 Hz
1st	Swelling/edema	Inhibitory	Mode 3	1000 Hz
2nd	Inflammation	Stimulatory	Mode 2	50 Hz
3rd	Spasms	Inhibitory	Mode 3	1000 Hz
4th	Pain (a),(b)	Inhibitory	Mode 3	1000 Hz
5th	Tissue Repair (a)	Stimulatory	Mode 2	5-250 Hz
	Tissue Repair (b)	Stimulatory	Mode 1	50 Hz
6th	ROM	Inhibitory	Mode 3	1000 Hz
7th	Functional Strength	Stimulatory (before)	Mode 1	50 Hz
		----- Stimulatory (post)	----- Mode 2	----- 5-250 Hz



Priority Principle™: -2 Acute Injury

Pre	-2	<48 Hours (Acute Injury): At any acute spasm <48 Hours	Mode 3 (1000 Hz) + Mode 2 (5-250 Hz) 2+2 minutes	2+2 minutes
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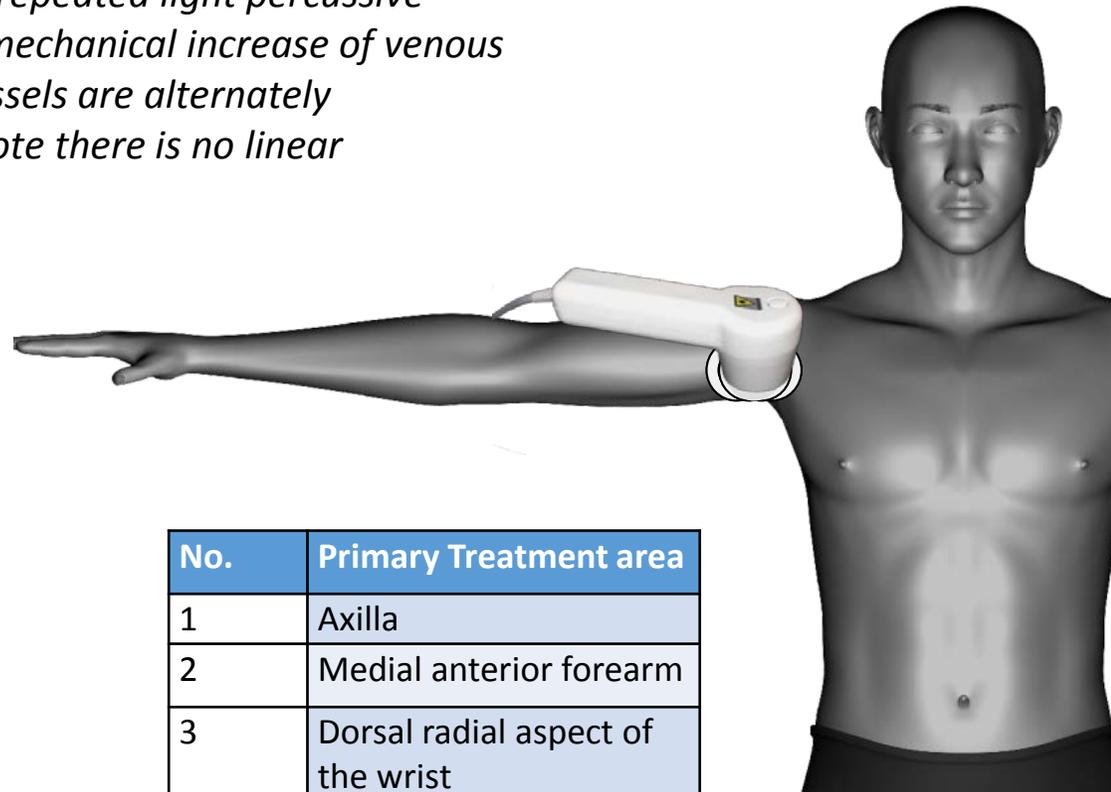
- The “First” Priority is to prevent the further progression of inflammation, edema and swelling
- Smaller, more frequent, and localized doses are generally more advantageous than larger, systemic dose
- Do NOT inhibit (pain relief) IE: NO Jumping the Track



Priority Principle™: 1 Swelling/Edema

1st	Swelling/Edema	Mode 3 (1000 Hz) 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.*



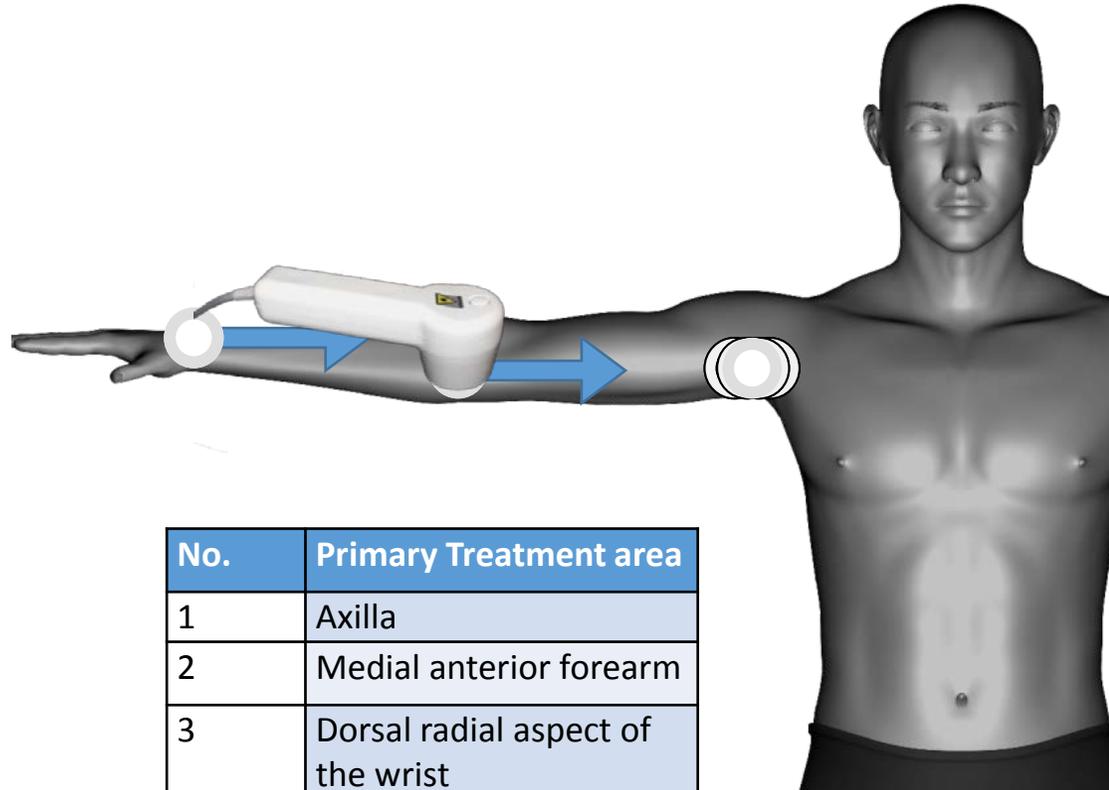
No.	Primary Treatment area
1	Axilla
2	Medial anterior forearm
3	Dorsal radial aspect of the wrist



Priority Principle™: 1 Swelling/Edema

1st	Swelling/Edema	Mode 3 (1000 Hz) 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

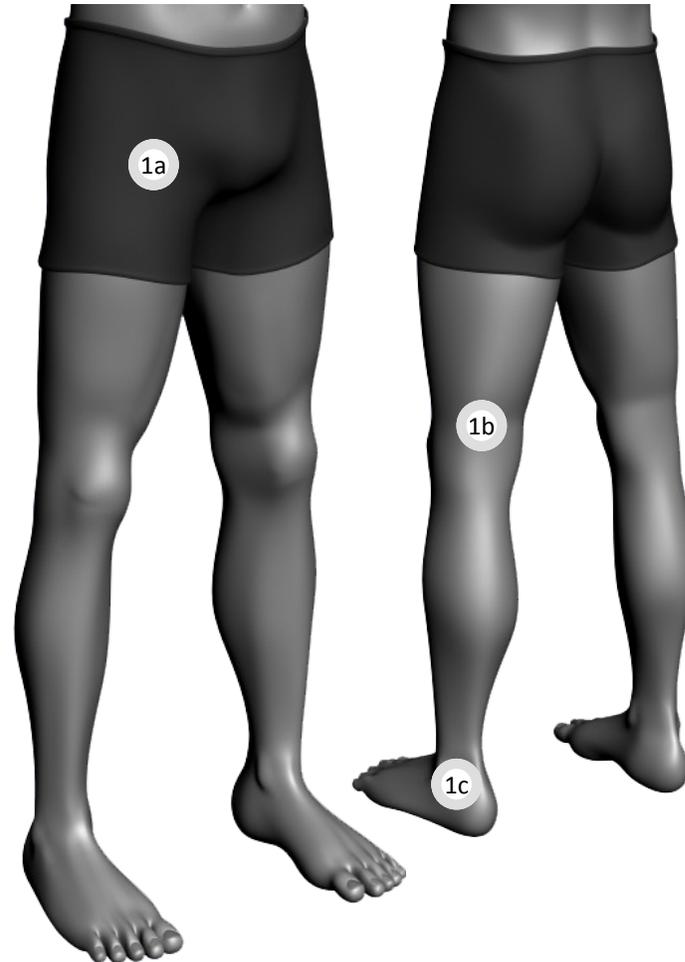


Priority Principle™: 1 Swelling/Edema

1st	Swelling/Edema	Mode 3 (1000 Hz) 2 min per location	Oshiro's Principle, Proximal Priority Principle
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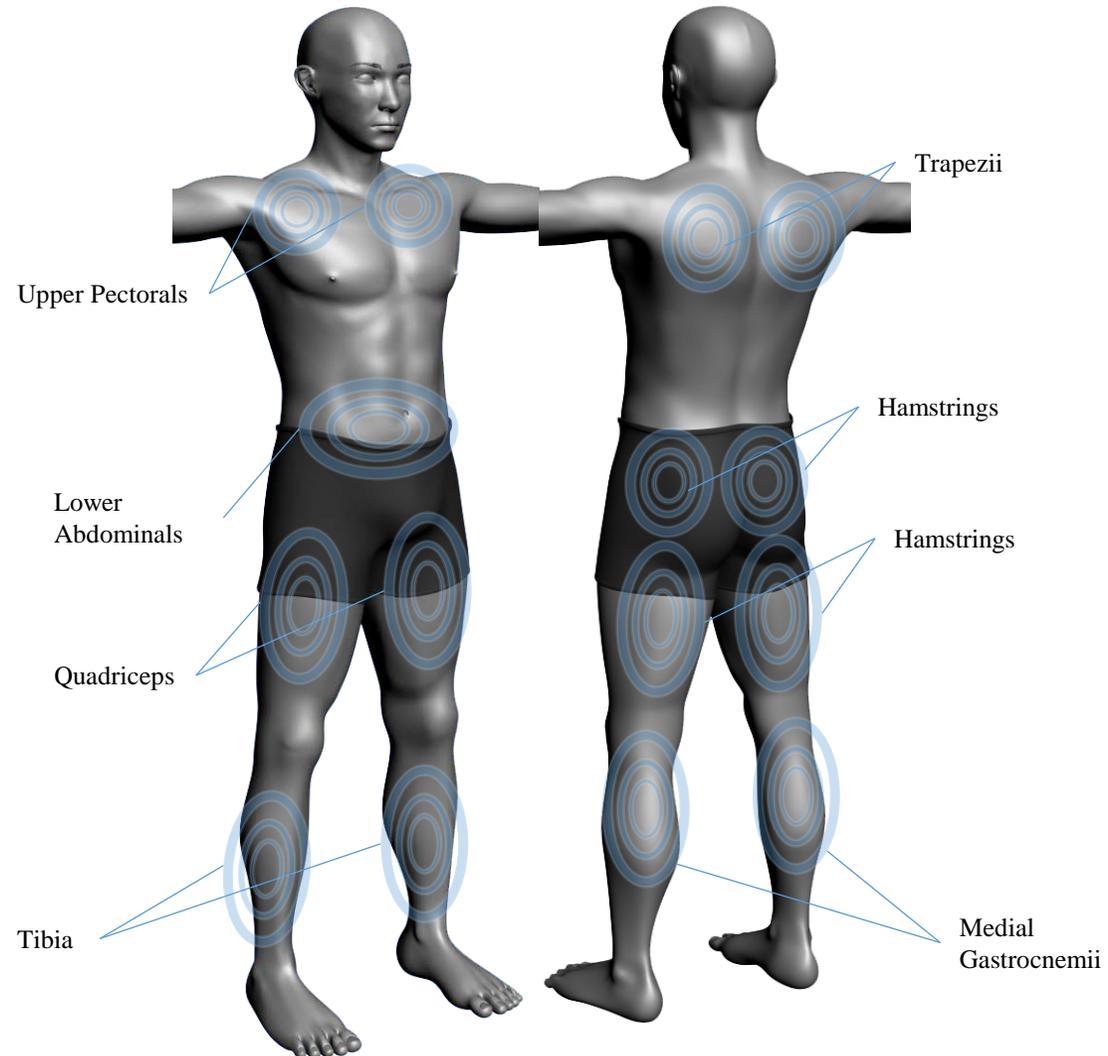
- *Move the emitter from distal to proximal with slight over pressure*
- *Cold compress or ice in popliteal area if tolerated*

No.	Primary Treatment area
1a	Groin, inguinal triangle of affected extremity
1b	Popliteal Fossa of affected extremity
1c	Lateral posterior malleolus of affected extremity



Priority Principle™: 2 Inflammation

	2	Inflammation	Mode 1 (50 Hz)	2 Minutes per location, static
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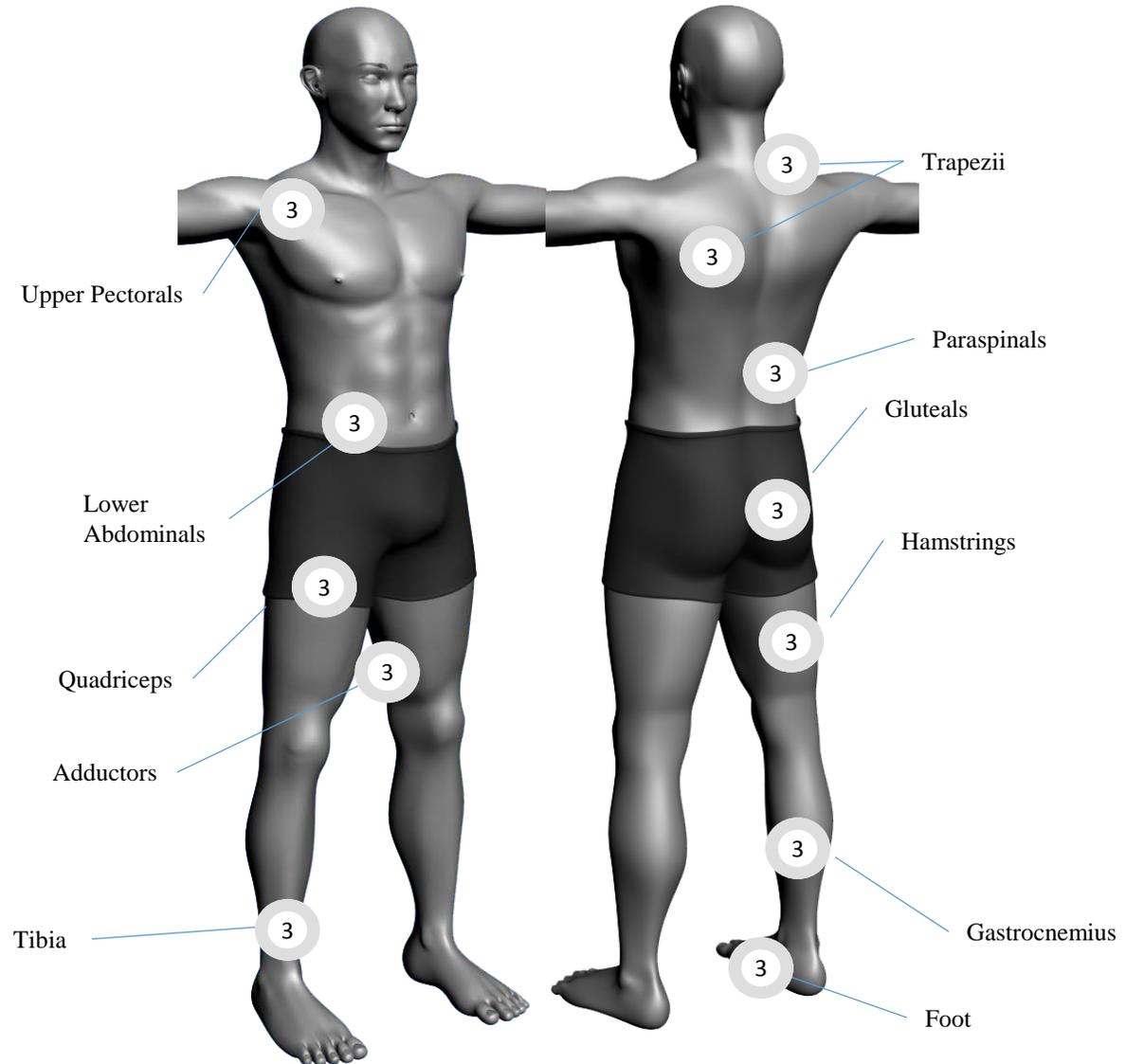
Adapted Pöntinen Principle (GameDay v 1.0)

UPDATED!!!:

- 1) Select Mode 3 [1000 Hertz]
- 2) Identify trigger point by palpation of suspected trigger points, be sure to document pain threshold, pain level (on a scale of 1 to 10, 10 being the worst) and texture of the TP
- 3) Lase the TP, static method, 2-5 minutes, with mild overpressure
- 4) Re-evaluate the TP and record any changes in pain threshold, pain level (on a scale of 1 to 10, 10 being the worst) and texture of the TP
- 5) If pain or spasm persists, reapply the entire treatment sequence, maximum of two additional times

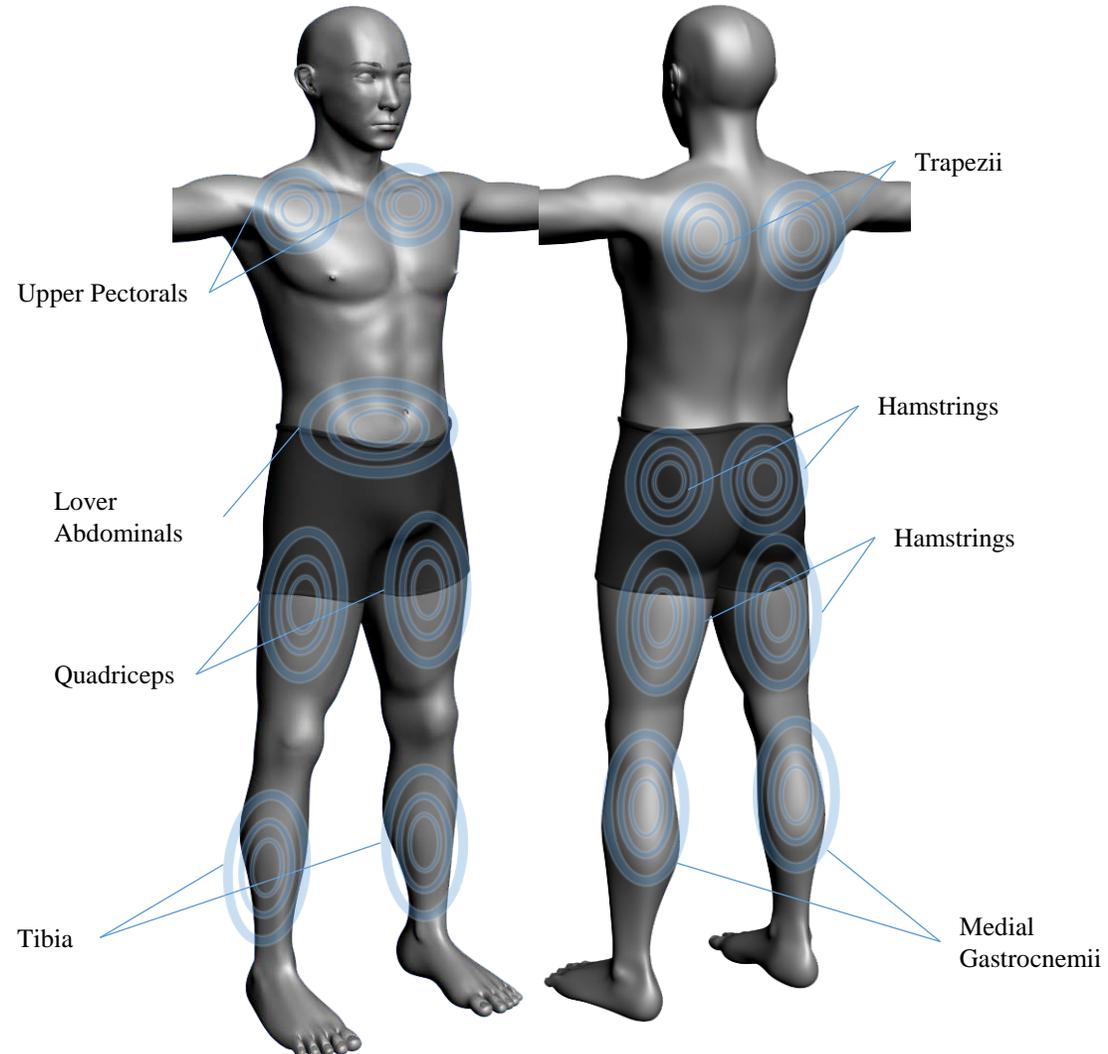
Priority Principle™: 3 Muscle Spasm

Post	3rd	Spasms: at palpable spasms in affected area, active and latent	Mode 3 (1000 Hz)	Pontinen's Principle
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Priority Principle™: 5a Tissue Repair (Primary)

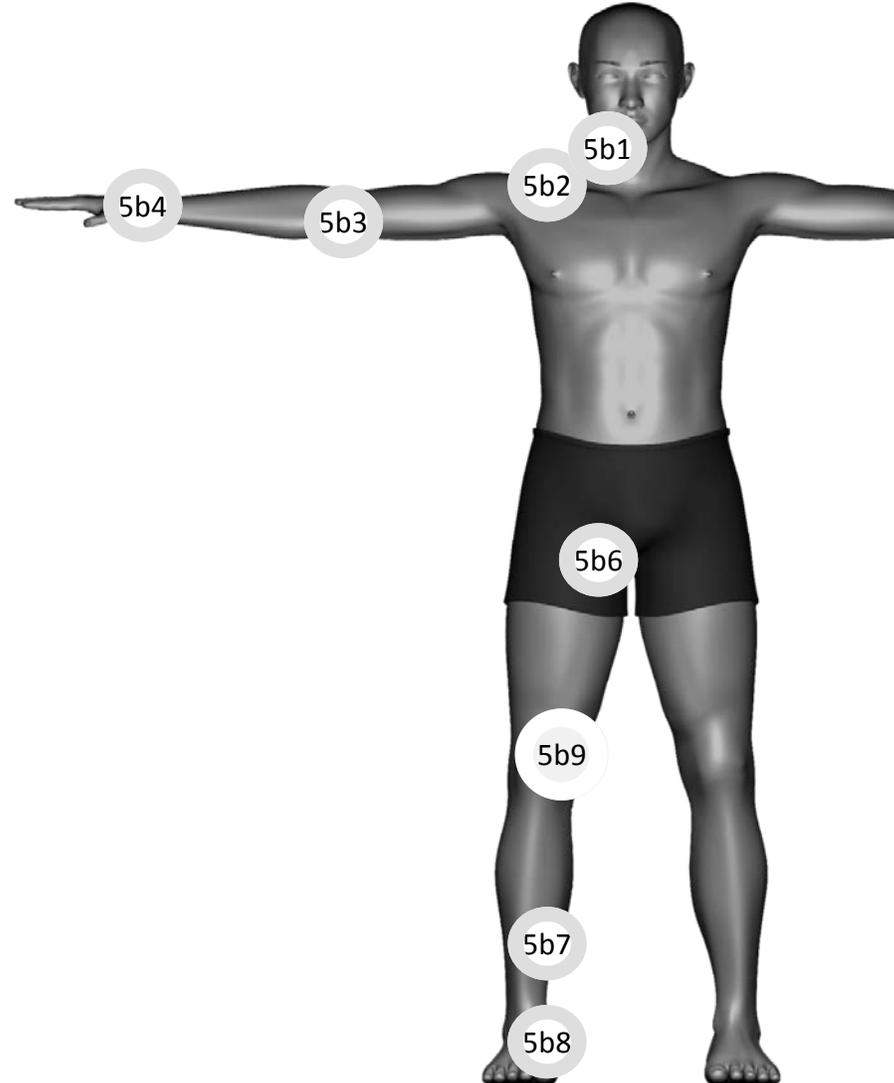
Post	5th (a)	Tissue Repair (Primary) at identified locations (bones, muscles/tendon, and ligaments)	Mode 2 (5-250 Hz)	1-3 minutes
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Priority Principle™: 5b Tissue Repair (Secondary)

Post	5 (b)	Tissue Repair (Secondary/Improvement of blood circulation/removal of toxins)	Mode 2 (50 Hz)	3-5 minutes
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No.	Treatment area
1	Carotid Artery
2	Subclavian Artery
3	Brachial Artery
4	Radial Artery
6	Femoral
7	Tibial Artery
8	Dorsalis Pedis
9	Popliteal Artery (from behind knee)





Delay of Onset Muscle Soreness

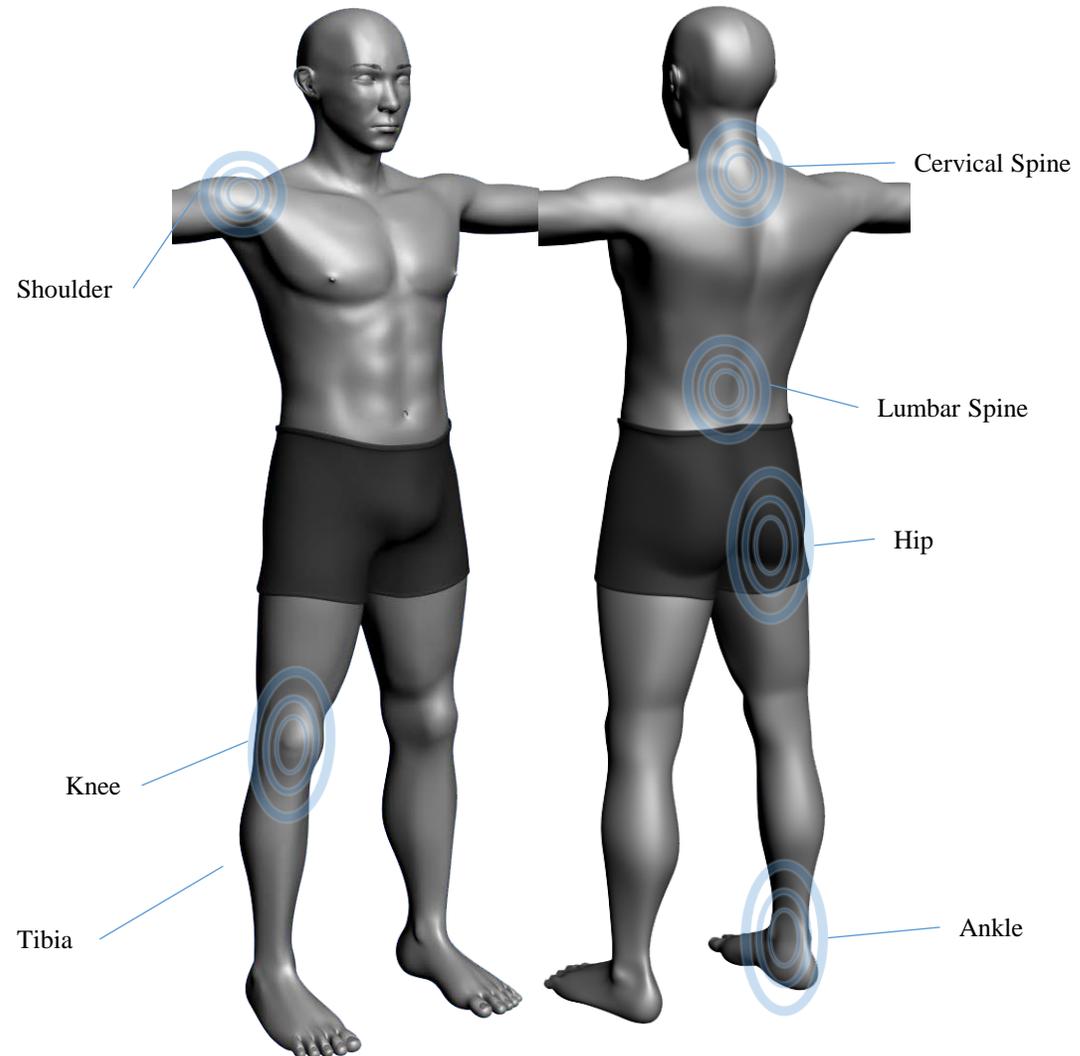
- Prior to activity!
- Can be done locally for individual muscle groups or globally for the entire body
- Form of Photohemotherapy (ie: Priority Principle™: 5b Tissue Repair)



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)	Mode 3 (1000 Hz)	1-2 min per point
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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 Variations

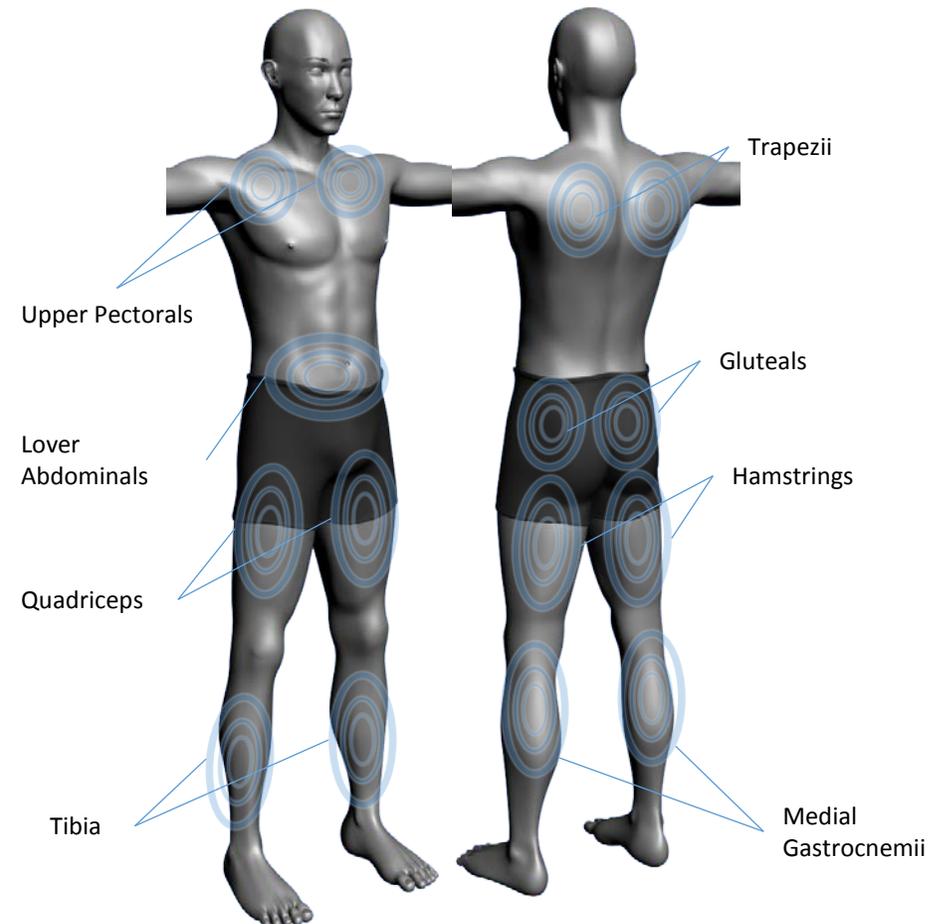
- **Post Activity Recovery**
 - designed for athletes engaged in training periods
 - Anaerobic activities
- **Pre-Performance Enhancement**
 - utilized during the season, games, or events
 - Aerobic activities

Priority Principle™: 7 Functional Strength (Post Activity Recovery)

7th	Functional Strength: of affected muscle(s) <u>during</u> training/activity period	Mode 2 (5-250 Hz) post activity	2-3 min scanning
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* preferred for larger areas

- No more than 1 hour post activity



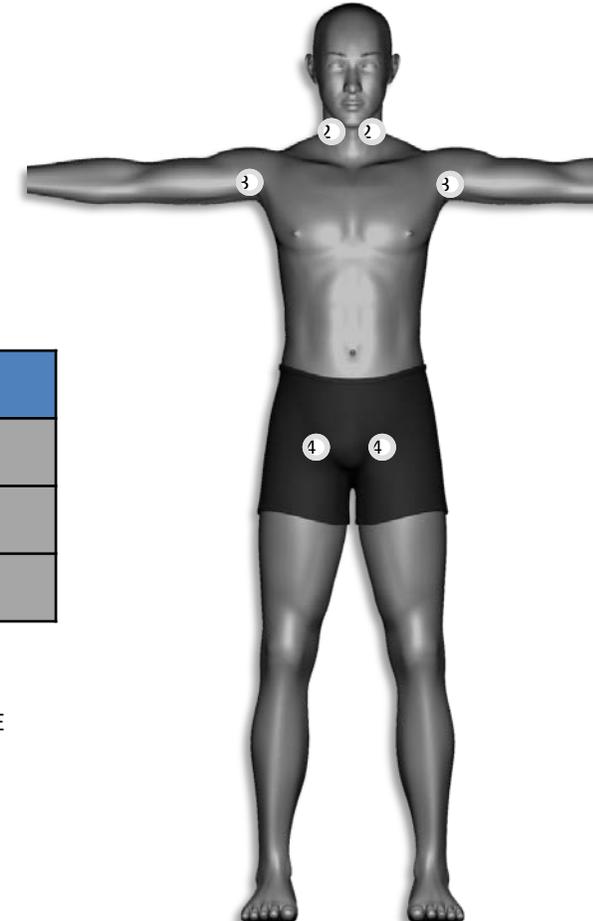
Priority Principle™: 7 Functional Strength (Pre-Performance)

7th	Functional Strength: of affected muscle(s) <u>during</u> training/activity period	Mode 1 (50 Hz) prior to activity	2-3 min
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* preferred for larger areas

- Treatment is performed BEFORE beginning the activity
- No less than 15 minutes before or more than 2 hours prior

No	Primary Treatment area
2	Carotid Artery
3	Axillary Artery
4	Femoral Artery



† Choose only ONE

