



Priority Principle™: Achilles' Tendinitis

	Priority	Principle	Tendinitis	Time
Cryotherapy, Ultrasound, Massage, Adjustments, Taping / Bracing	0	Pain	(PRN)	
	3rd	Spasms	1000 Hz with Probes	Pontinen's Principle
	4th (a)	Pain (Systemic)	1000 Hz NRT	3-5 minutes
			and/or	
(b)	Pain (Local)	1000, 3000 or 5000 Hz	1-2 minutes per point	



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	Priority	Principle	Tendinitis	Time
Eccentric Exercise	5th (a)	Tissue Repair (Primary)	5-250 Hz	DOSE all TARGET identified areas
	and			
	(b)	Tissue Repair (Secondary)	50 Hz PHT	5 minutes



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The diagram shows a human leg from the side and back. Yellow circles indicate treatment points: two on the lower calf, two on the heel, and one on the ankle. Numbered boxes (6 and 7) are connected to these points by lines, indicating the corresponding priority principle for each area.

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6th	ROM	1000, 3000 or 5000 Hz	1-2 minutes per point
7th	Functional Strength	5-250 Hz	1-2 minutes per point

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