



Performance



RECOVERY



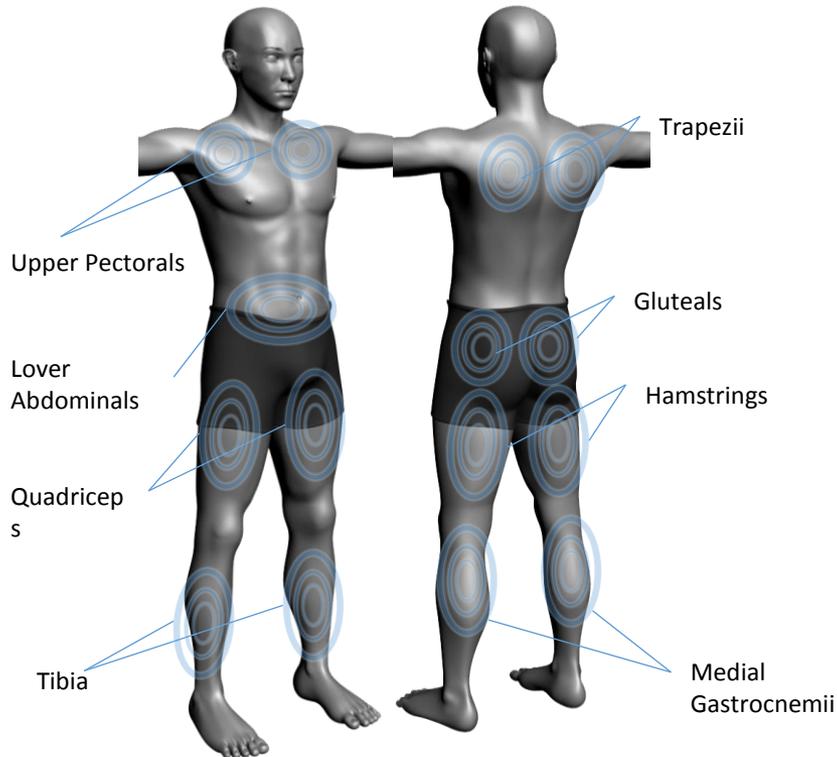
GAMEDAY

SUPER PULSED LASER

PREPARATION

PERFORMANCE

RECOVERY



Minimum of 24 hours prior to Competition/Event

Must perform biomechanical analyses to determine appropriate TARGETS



	Priority	Principle	Setting	Time	Notes
7	Performance	2	4-5 min per muscle group	<u>Perform 24 hours prior to activity</u>	

GAMEDAY

SUPER PULSED LASER

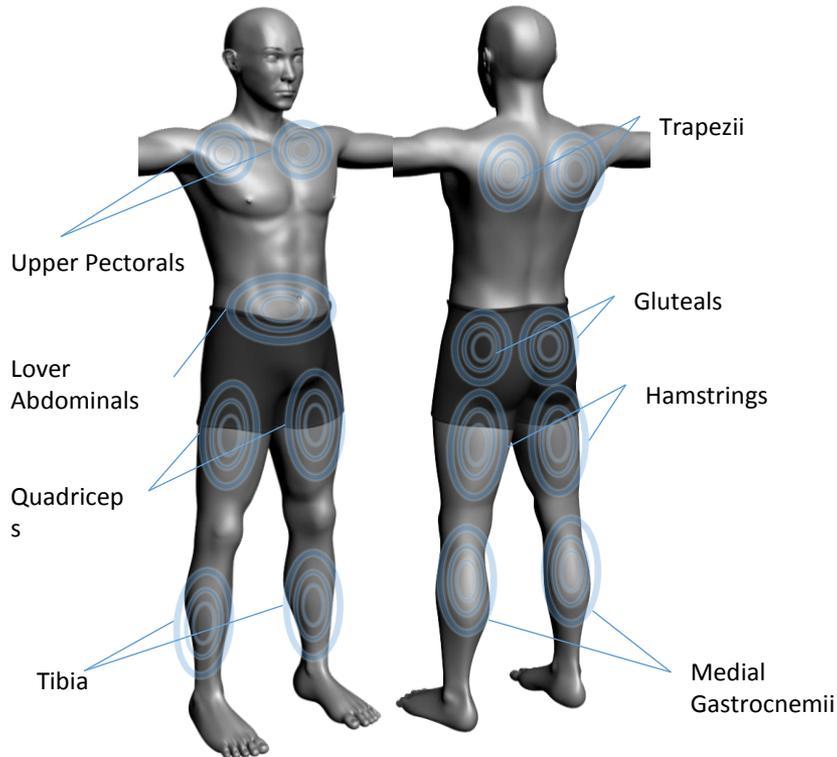
PREPARATION



PERFORMANCE



RECOVERY



“Missed” window of optimal performance and recovery

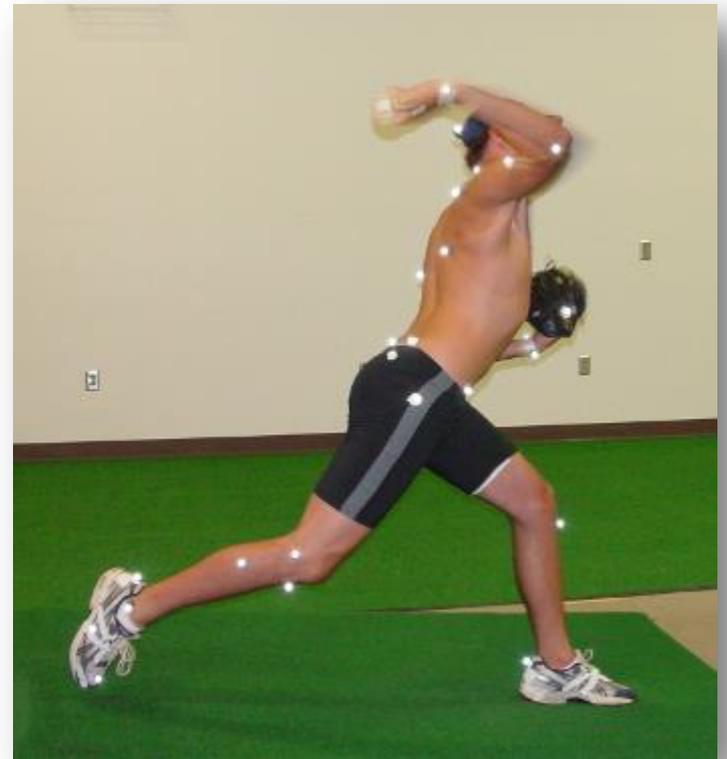
Damage can still be minimized

Must perform biomechanical analyses to determine appropriate TARGETS



	Priority	Principle	Setting	Time	Notes
7	Performance		2	1-2 min per muscle group	1 hour PRIOR to activity

- Dynamics of the sport dictate the TARGET or TARGET groups



- Performance #2 is done minimum of 24 hours before event
- If the 24 hour window is missed, decrease the time and dose
- Recovery #3 is done immediately (up to 1 hour) following the event

PERFORMANCE



RECOVERY

