

Priority Principle™: Medial Tibial Stress Syndrome (MTSS), Shin Splints



Acute



Chronic



Swelling



Inflammation



Spasm



Pain



Tissue Repair



ROM

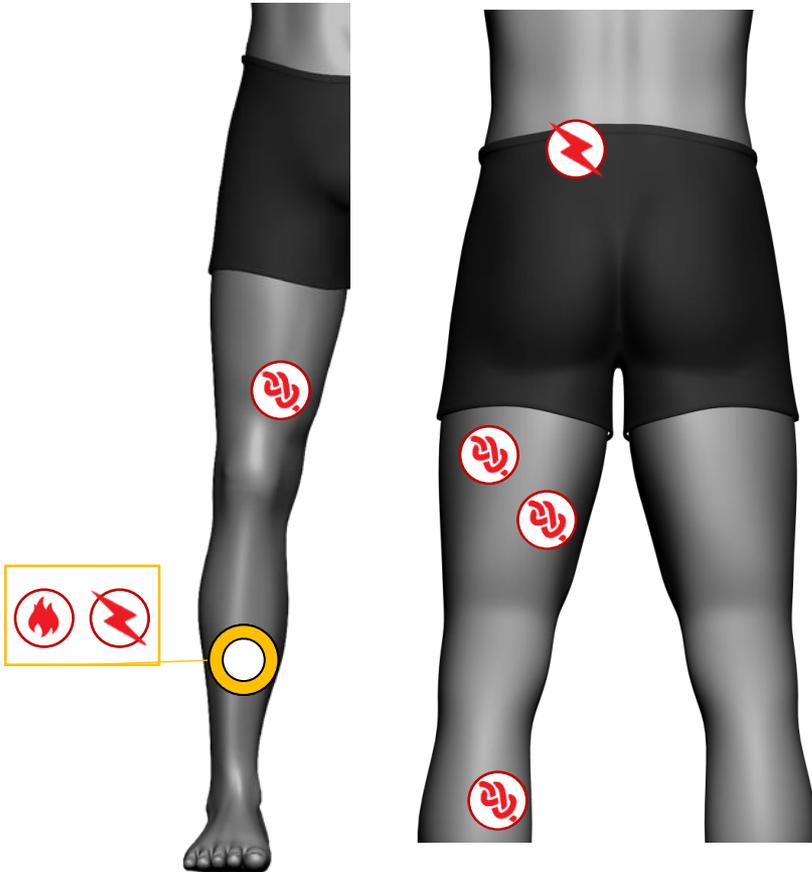


Functional Strength



Method	Dose	Notes
 Acute	5-1000 Hz x 3 minutes	“Rescue” for injuries <48 hours

Priority Principle™: Medial Tibial Stress Syndrome (MTSS), Shin Splints



Method	Dose	Notes
 Inflammation	50 Hz x 2 minutes or TARGET/DOSE	
 Spasm	1000 Hz x 2 minutes per spasm	Pontinen's Principle
 Pain	500-1000 Hz for 3 minutes -----or 1000 Hz x 2-5 minutes	Systemic target (NRT) -----or Local targets

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Method	Dose	Notes
 Tissue Repair	250 Hz for 2 minutes or TARGET/DOSE -----and 50 Hz x 5 minutes	Local targets -----and Systemic target (PHT) at Popliteal artery

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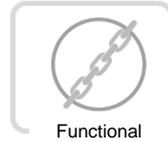
Pain



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ROM



Functional Strength



	Method	Dose	Notes
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	Inflammation	50 Hz x 2 minutes or TARGET/DOSE	
	Spasm	1000 Hz x 2 minutes per spasm	Pontinen's Principle
	Pain	500-1000 Hz for 3 minutes -----or 1000 Hz x 2-5 minutes	Systemic target (NRT) -----or Local targets
	Tissue Repair	5-250 Hz for 2 minutes or TARGET/DOSE -----and 50 Hz x 5 minutes	Local targets -----and Systemic target (PHT) at Popliteal artery