

Priority Principle™: Example Achilles' Tendinosis

	Priority	Principle	Tendonosis	Time	
Cryotherapy, Ultrasound, Massage, Adjustments, Eccentric Exercise, 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	
	5th	(a)	Tissue Repair (Primary)	5-250 Hz	DOSE all TARGET identified areas
		and			
(b)	Tissue Repair (Secondary)	50 Hz PHT	5 minutes		
6th	ROM	1000, 3000 or 5000 Hz	1-2 minutes per point		
7th	Functional Strength	5-250 Hz	1-2 minutes per point		

