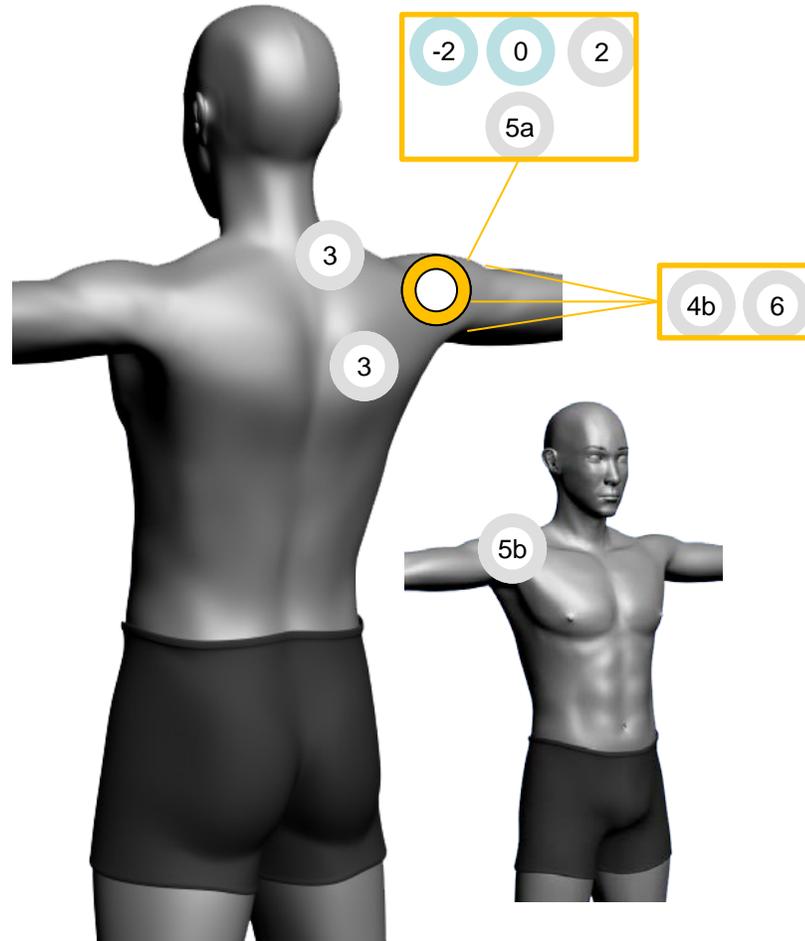


# Priority Principle™: Example Rotator Cuff Tendinitis



| Priority | Principle                 | Tendinitis / Tenosynovitis          | Time                  |
|----------|---------------------------|-------------------------------------|-----------------------|
| -2       | <48 Hours (Acute Injury)  | 5-1000 Hz                           | 3 minutes             |
| 0        | Pain                      | (PRN)                               |                       |
| 2nd      | Inflammation              | 50 Hz                               | DOSE                  |
| 3rd      | Spasms                    | 1000 Hz with Probes                 | Pontinen's Principle  |
| 4th (a)  | Pain (Systemic)           | 500-1000 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                  |
| and      |                           |                                     |                       |
| (b)      | Tissue Repair (Secondary) | 50 Hz PHT to Thoracoacromial Artery | 5 minutes             |
| 6th      | ROM                       | 1000, 3000 or 5000 Hz               | 1-2 minutes per point |

Cryotherapy, Ultrasound, Massage, Adjustments, Eccentric Exercise, Taping /Bracing, STMASTM