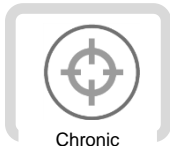


Priority Principle™: Lateral Ankle Sprain



Acute



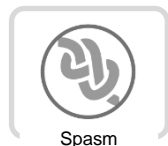
Chronic



Swelling



Inflammation



Spasm



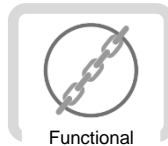
Pain



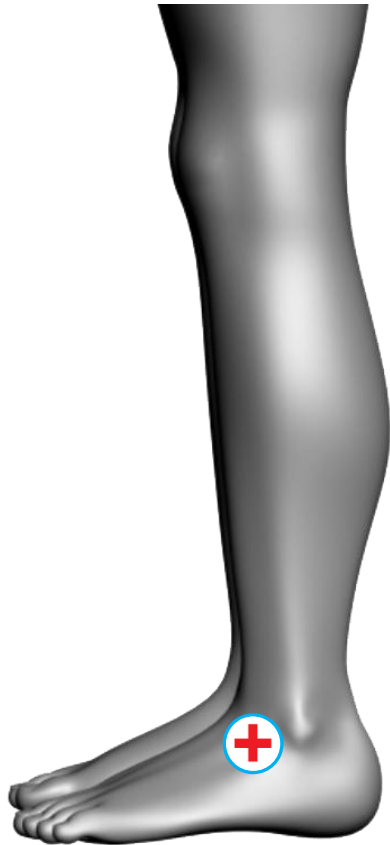
Tissue Repair



ROM



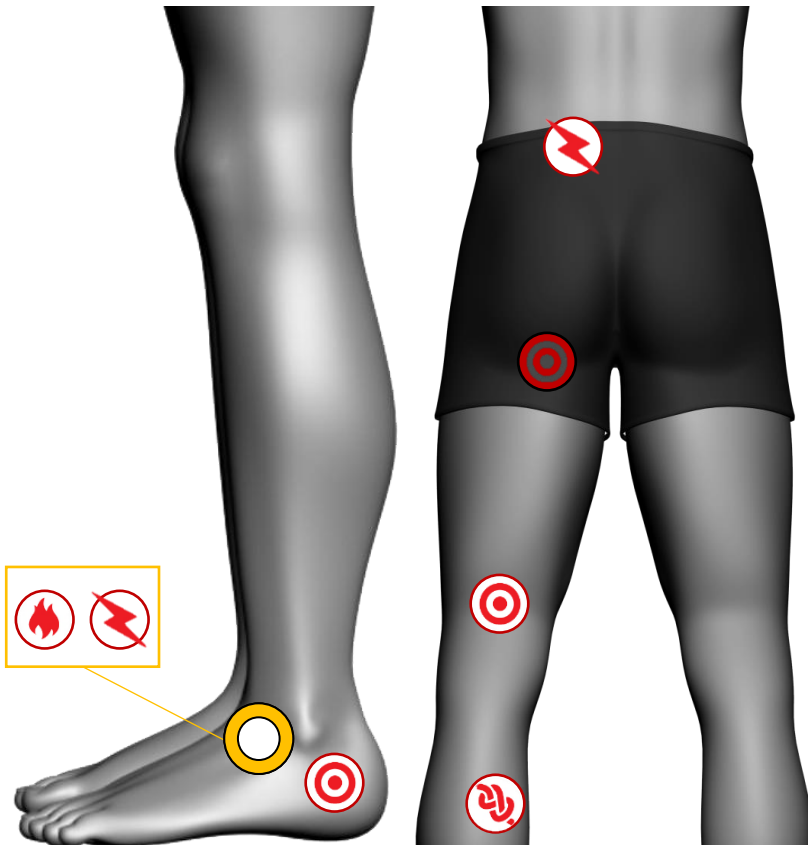
Functional Strength







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




Priority Principle™: Lateral Ankle Sprain



| Method | Dose | Notes |
|--|---|---|
|  Swelling | 1000-3000 Hz 1-2 minutes each area | Ohshiro's Proximal Priority |
|  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 |

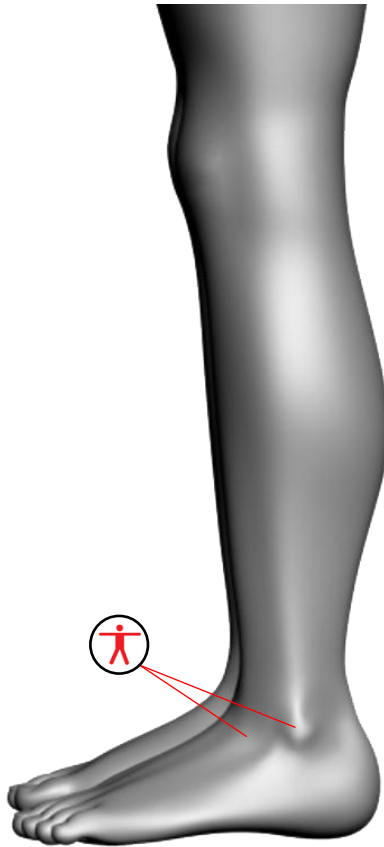
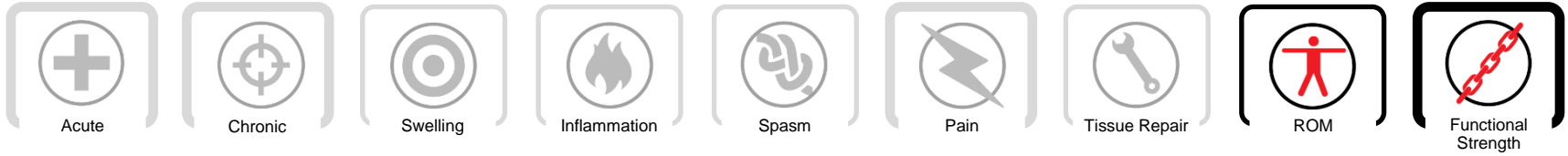
Priority Principle™: Lateral Ankle Sprain




| Method | Dose | Notes |
|---|--|--|
|  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 |



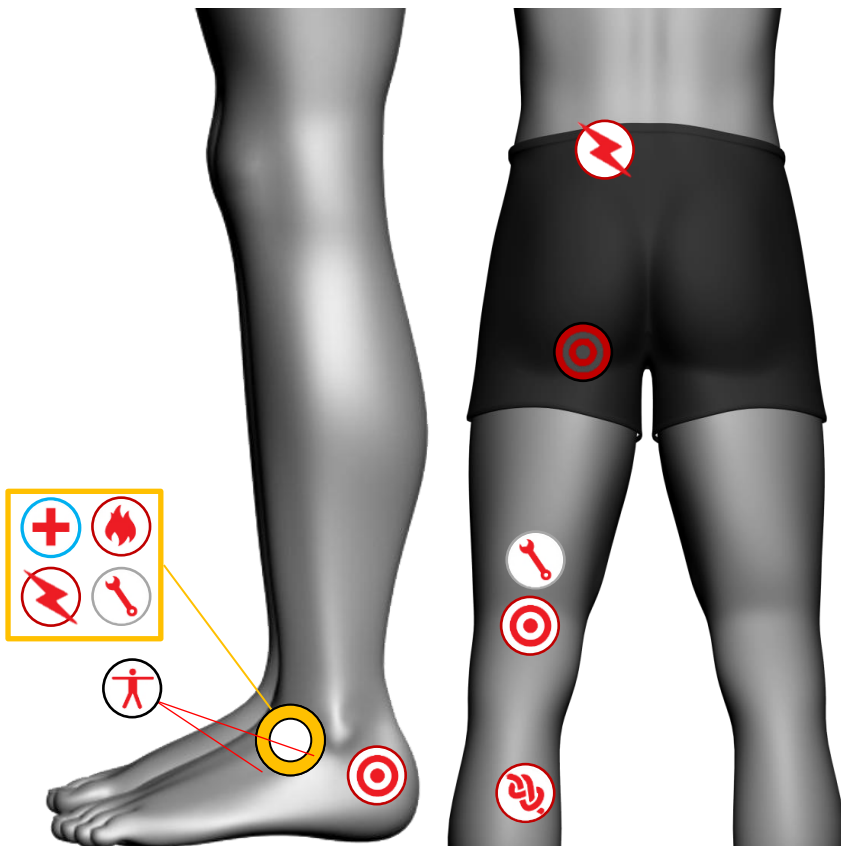
Priority Principle™: Lateral Ankle Sprain



| Method | Dose | Notes |
|---|--------------------|-------------------------------------|
|  ROM | 1000 Hz x 1 minute | @2-3 location around the joint line |



Priority Principle™: Lateral Ankle Sprain



| | Method | Dose | Notes |
|--|---------------|--|--|
| | Acute | 5-1000 Hz x 3 minutes | “Rescue” |
| | Swelling | 1000-3000 Hz 1-2 minutes each area | Ohshiro’s Proximal Priority |
| | 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 |