

Prolotherapy/PRP

Pre & Post Care

Some pain and swelling is normal and expected following treatment. This usually lasts for only a day or two. On the rare occasion it may continue on for longer.

Prolotherapy Reactions - The final benefits of Prolotherapy may take months. It is normal to start feeling better, then worse, then better again. This is a **NORMAL** part of the healing process. It is the long term healing that is the goal of this therapy.

Medications and Supplements

- **Avoid(prior to & after treatment):** all medicines with anti-inflammatory actions including, aspirin, Ibuprofen(Advil, Motrin, Naproxen), COX-2 inhibitors(Celebrex), corticosteroids etc.(consult your local pharmacist), ice, fish oil, curcumin, quercitin.
- **Allowed:** Tylenol, Traumacare
- **Advised:** ligement/Tendon formulations, MSM, B Vitamins, Vitamin D3, CoQ10, Protein, epsom salt baths, heat.

Exercise and Activity

- **Avoid:** prolonged sitting, walk soon after the procedure, avoid twisting, heavy lifting, pushing/pulling, and vigorous activity for at least 4 days post injection.
- **Advised:** lightly stretch, be active and move often. Exercise, and movement of treated areas is essential for recovery. Continue core strengthening, gym work, weights, swimming, walking etc.
- Chi Gong, Yoga, and Tai Chi are all of great benefit.

Remember, if you feel no pain after exercise, but feel worse later that day or next day, you have done too much. Reduce intensity by 50%. Gradually build up your strength.