

Prolotherapy- Post Injection Therapy Directions

Prolotherapy is a treatment option that ultimately is designed to decrease pain from chronic injuries to ligament or tendons. It does that by creating a local inflammatory response. After receiving injections to several ligaments or tendons surrounding a joint, you may experience discomfort at the injection site for a few days and again in two weeks. It is common to have some localized swelling for four or five days. You may take Tylenol (acetaminophen) or Extra Strength Tylenol or any pain medications that are specifically prescribed by Dr. Stebbing.

DO NOT take any NSAIDS (nonsteroidal anti-inflammatory drugs) such as Aleve, Advil, Motrin, ibuprofen, Naprosyn, aspirin OR STEROIDS, such as prednisone during the course of your treatment (which can be 4 weeks or longer). These medications prevent inflammation from occurring, thereby affecting the benefit of Prolotherapy. Please contact Dr. Stebbing should you have any questions.

Please contact Dr. Stebbing or go to the Emergency Room if you experience any of the following signs or symptoms:

1. Infection at the site of injection. Drainage or heat or fever may be symptoms suggesting this.
2. Increasing pain and discomfort that is more than what you would expect.
3. Shortness of breath, hives, itching
4. Any other unexpected side effects from your treatment

The following are suggestions that may optimize the benefit from the treatment.

-Resume light activities such as walking, for the first 3 days after the injection. This will help to decrease some of the pain and improve your range of motion at the joint. Inactivity will decrease optimal results.

-After 4 days, resume your exercise program, and increase your walking workout time. In general, return to your normal level of activity. Inactivity will decrease optimal results.

-It takes about 3 weeks for the body to achieve about 85% of the treatment effect. In general injections are scheduled 3 weeks apart to take advantage of your body's natural healing powers.

-Avoid high velocity manipulation by chiropractors or osteopathic physicians during this time.

-Optimal results can be improved with appropriate nutritional support in some people. This includes:

- Multivitamin w/ Trace Minerals (chromium, zinc 50mg/day, manganese, copper, silicon, boron, molybdenum, magnesium, potassium)
- Vitamin C 1000mg a day
- Vitamin D3 + K2 2000-5000 iu a day of vitamin to maintain a blood level of 60-80.
- Glucosamine 2000mg/day



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- MSM 1500-3000mg a day
- Protein intake of at least 1mg/kg of body weight per day

Good Quality Vitamins: There are two companies that I suggest using. Metagenic is a research company that produces high quality supplements. Their prices are higher, but so is the quality.

Vital Nutrients: www.vitalnutrients.net call 888-328-9992 use code 0520 get 10% discount w/ direct order. These are the products that I recommend with variations depending on the other medical issues:

General:

Multi-Nutrient 3(no copper, no iron). 1-3 a day

Vitamin C w/ Bioflavonoids 1-2 a day

Fish Oil 800mg 2-3 a day

Vitamin K2-7 + D3 (2000mg)

For Arthritis:

MSM 1000mg 2 a day (avoid in sulfa allergic)

Glucosamine 750mg 2-3 a day to reach 2000mg/day

Protein Powder:

ProWhey. It comes in a few different flavors. It is purely a protein powder

Metagenics: <https://jenniferstebbing.metagenics.com> You can order online and have free delivery. I have created lists on the website to help you figure out what to order. Metagenics is a research company. **(I would get fish oil from here, as well as the following products are well researched and have been shown to reduce full body inflammation.) Not everyone needs all of these, but for those with autoimmune diseases and other health issues, these products will help augment your healing.**

Fish Oil- OmegaGenics EPA-DHA 1000mg and/or SPM Active for patients with autoimmune disease, more severe arthritis, or other generalized inflammation (diabetes, heart disease) It is expensive but the research is really great for reversing the inflammatory process.

Inflavonoid Intensive Care or Inflanoid- mix of curcumin, fenugreek, polyphenols, Boswellia, ginger, which help with the body's response to the free radicals that interfere with healing and cause DNA damage. They are pro anti-oxidants and support the immune system. This is a great product for people who are aging, not healing, don't get enough vegetables and have pain.

UltraGI Replenish- This is a medical food. It is a vegan protein supplement, with all the vitamins and minerals that are recommended, and prebiotics, glutamine, omega 3, 6, and 9s, which heals the gut lining, allowing for absorption of your food and creating



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a healthy microbiome that is important for intestinal health, brain health and general well-being. It is more than the protein supplement above.