Dr Jennifer Stebbing DO
MUSCULOSKELETAL & SPORTS MEDICINE

PROLOTHERAPY

Prolotherapy is a treatment option for pain and joint instability. This injection therapy is used to decrease pain due to chronic injuries of ligaments, tendons, and/or other supporting structures of a joint. After receiving injections to the structures that support a joint, you will experience discomfort at the injection sites for a few days. Most people will have discomfort for a day, some will experience discomfort for 3-5 days. It not uncommon to experience localized swelling in these areas for up to 5 days.

DO NOT take NSAIDS (non-steroidal anti-inflammatory drugs) such as Ibuprofen, Aleve, Advil, Celebrex, Motrin, Naprosyn, high dose aspirin (above 81 mg), **OR STEROIDS** (such as prednisone) for at least **4 weeks after** treatment. These medications interfere with healing. You may take Tylenol (acetaminophen) or any pain medication prescribed by Dr Stebbing.

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, heat, or fever may be symptoms.
2. Increasing pain and/or discomfort that is more than expected.
3. Shortness of breath or chest pain for treatment near the lungs. This can be a sign of a punctured or collapsed lung.
4. Extensive bruising from an injury to a blood vessel. Compress the area.
5. Any other unexpected side effects from your treatment.

Activity Restrictions:

- Avoid being a couch potato. Maintain normal household activities and walking.
- Protect the joint that was treated by using a brace, orthotic, or compression sleeve.
- Maintain good posture for back and neck injections.
- Gentle range of motion is encouraged.
- At 4 days, resume any exercise program that previously did not cause pain. Elliptical, swimming (but not for shoulders or neck), and cycling at a low resistance (sitting) are encouraged.
- Do not overstretch, lift weights, or over tax the joint for at least 2-4 weeks.
- A driver may be needed on the day of treatment for neck, right hip/knee/ankle.

Supplements

- The Root Cause Protocol is encouraged (see other handout.)
- Glucosamine, MSM, and/or chondroitin can be beneficial for arthritic joints (hips, knees, feet.)
- Protein is needed for healing and repair (1mg per kg of body weight.) 1kg = 2.2 pounds

Physical Therapy

- Start or resume the following week after treatment.

Chiropractic or Osteopathic Manipulation

- Avoid HVLA and drop table techniques.

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Massage

- Can be done after day 4. Avoid cross frictional massage on the areas that were injected.

Heat

- Is recommended.

Follow up

- Normal follow up is 2-4 wks. However, if you are experiencing increased pain or stiffness, soft tissue osteopathic manipulation may be extremely beneficial.

(updated 6/27/24)

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