



## THE CENTER FOR MANUAL MEDICINE

*"We Help You Help Yourself"*

**MARK W. PENN, DC**  
**DOUG D. FRYE, MD**  
**JAMES W. KEEN, DC**

5000 S.W. 21<sup>ST</sup> Street  
Topeka, Kansas 66604  
Telephone: (785) 271-8100  
fax: (785) 271-9257

Website: [www.ctrmm.com](http://www.ctrmm.com)

### AFTER THE PROCEDURE

PRP starts a local inflammatory reaction that initiates the healing cycle. It is NORMAL to have pain and mild swelling at the injection site for a few days and occasionally up to 3 weeks.

At times the post injection pain can be fairly uncomfortable. Tylenol and pain meds WITHOUT aspirin or NSAIDs may be used. Ice massage or ice therapy with frozen vegetables directly on the skin over the site are recommended and can be repeated when the skin has warmed to normal temperature.

Avoid strenuous activity during the first 2-3 weeks. Light activity and stretching is encouraged and will help decrease pain and stimulate healing.

After care involves a period of rest that may include a walking boot, brace, crutches or sling. Physical therapy is usually started for specific exercises to begin strengthening the tissue. Sports and heavy activity should be avoided for 6 to 12 weeks. Activity is gradually increased to help strengthen the tissue without re-injuring it. Activity that increases pain without recovery by the next day means you are doing too much and need to back off.

Continue to eat a well balanced, high protein diet and a multivitamin supplement.

Everyone heals at a different rate. You may be feeling much better within a few weeks or it may take up to 3 months to feel the effect. Sometime injections are repeated to achieve the best results.

A follow up exam will be scheduled for about 2 weeks after the procedure. Physical therapy usually starts then.

Your care is important to us and we want you to be comfortable about your procedure. Don't hesitate to call if you have questions or concerns. (785) 271-8100