SPORTS MEDICINE ULTRASOUND PRP

The PRP 10 Commandments

1. Thou shalt not use 'caines **But Ropi is ok**
2. Thou shalt not use SAIDs **30 days / 90 days**
3. a. Thou shalt not use NSAIDs **1 week before** ASA, Diclofenac, Naproxen
   b. Thou shalt not use NSAIDs **1 week after** ASA, Diclofenac, Naproxen
4. Thou shalt not use $CaCl_2$
5. Thou shalt not use CBD
6. Thou shalt not stop warfarin, other anticoagulant
7. Thou shalt not trigger so much pain the patient goes to the Emergency Room! (rx percocet or similar)
8. Thou shalt not promise amazing results
9. Thou shalt wait 3-6 m. before determining success/failure
10. Thou shalt optimize the patients health before and after!