

ARTHRITIS & SPORTS

Orthopaedics • Physical Therapy • Wellness

Randall S. Peyton, MD

Hip & Knee Orthopaedic Surgeon

Matthew H. Griffith, MD

Sports Medicine Orthopaedic Surgeon

Elaine J. Ahillen, MD

Hand & Upper Extremity Orthopaedic Surgeon

Sabina Malhotra, DPM, AACFAS

Podiatric Surgeon

David S. Goodwin, MD

Sports Medicine Orthopaedic Surgeon

Teresa M. Ulrey, MD

Interventional Pain Management Specialist

Edwin Encarnacion, PA-C

Physician Assistant

Shannon Glaws, MMSPA-C

Physician Assistant

Cory Kraftson, MSPAS, PA-C

Physician Assistant

Stephanie Modzelesky, MMSPA-C

Physician Assistant

Monica Ricci, DMSc, MPAM, PA-C

Physician Assistant

Nicole Royer, MSPAS, PA-C

Physician Assistant

Lisa Siddall, FNP-BC

Nurse Practitioner

Aischa Bautista, PTA

Physical Therapy Assistant

Maude Bertovich, DPT

Physical Therapist

Camille Boyle, DPT

Physical Therapist

Laura Burger, OTR/L, CHT

Occupational Hand Therapist

Dianne Husick, MPT

Physical Therapist

Susmita Koppella, PT

Physical Therapist

Caroline Lee, MPT

Physical Therapist

Eleni Mayes, DPT

Physical Therapist

Danyelle McDaniel, PTA

Physical Therapy Assistant

Megan McDaniel, PTA

Physical Therapy Assistant

Ashley Norman, DPT

Physical Therapist

Alex Parillo, DPT

Physical Therapist

Roshan Patel, DPT

Physical Therapist

Christy Wilson, DPT

Physical Therapist

Devon Wilson, PTA

Physical Therapy Assistant

Courtney Youst, DPT, OCS

Physical Therapist

Amy Johnson, RD, CDE

Registered Dietitian & Diabetes Educator

Lori Murphy, CMT

Certified Massage Therapist

Platelet-Rich Plasma (PRP) Injection Instructions

Before the Injection

- Do not take nonsteroidal anti-inflammatory medications (NSAIDs such as ibuprofen, Motrin, Advil, Aleve) for a minimum of 1 week before the injection
- Discuss the need for a brace (arm or knee) or boot (foot or ankle) for use after the injection
- Drink plenty of water the day of the injection and avoid alcohol use for 24 hours prior to the injection

What to Expect Immediately after the Injection

- You will likely have pain, swelling, and some redness at the injection site – this is normal and may last 24-72 hours. However, if progressive swelling, redness or fever occur, please contact our clinic.
- We recommend limiting use of injection site for first 2 days after the procedure, but gentle movement is encouraged (unless instructed otherwise)
- Apply ice to the site for 10 minutes every hour (not directly onto skin) for the first 24-72 hours if needed for pain and swelling
- Elevate the injection site as much as possible

Instructions after the Injection

- Do not take nonsteroidal anti-inflammatory medications (NSAIDs such as ibuprofen, Motrin, Advil, Aleve) for a minimum of 3 weeks after the injection. If you have pain, take Tylenol.
- Activity level and need for crutches or brace will be discussed at time of office examination (specific to each patient)
- Follow up with your medical provider as instructed in 4-6 weeks
- **Foot/ankle injections:** Non-weight bearing in boot with crutches for 2 weeks (or as directed by physician). Upper body and core exercises only during first 2 weeks.