



ORTHOPAEDIC SPECIALISTS OF NORTH CAROLINA

Orthopaedic Surgery Sports Medicine Physical Medicine & Rehabilitation Spine Care Joint Replacement

847 Wake Forest Business Park, Suite 202 ~ Wake Forest, NC 27587 ~ Phone (919) 562-9410 ~ Fax (919) 562-9425

DR. GALLAND'S "MOTRIN PROTOCOL"

- Ibuprofen 200mg (Brand name Advil or Motrin)
- Take by mouth:
 - 3 pills (Totaling 600mg)
 - 3 times daily
 - 3 days in a row
- Then take:
 - ____ 3 days off (No medication taken)
 - ____ 1 day off (No medication taken)
- Then:
 - Resume (3 pills, 3 times daily, 3 days in a row)
 - Repeat this cycle for the next:
 - ____ 1 week
 - ____ 3 weeks
 - ____ 30 days
- Discontinue use of the medication if any of the following side-effects occur:
 - GI upset
 - Heartburn
 - Reflux
 - Upset stomach
 - Etc

Please call your doctor or therapist with any questions you have about this treatment.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 562-9410.