

Case Study: Athletic Injury Treatment



PCCA PracaSil™-Plus

Summary: a compounded medicine using PracaSil-Plus (**PCCA Formula # 10843**), was applied topically to the right and left elbow injuries caused by a fitness competition, which resulted in considerable healing progress.

Case Description: A 40-year-old Caucasian woman was severely contused while participating in a fitness competition. She fell on both elbows, badly damaging the right and left sides with repeated impact on the ground. This caused open wounds where multiple layers of skin were scraped off. Following the incident, a compounded formula containing mupirocin in PracaSil-Plus (Figure 1) was applied three to four times daily for 11 days. After this time, the skin healed completely on both elbows, as shown in the figures below. Mupirocin was chosen to prevent bacterial contamination in the area. The skin of the volar elbow region differs in thickness from the dorsal region and has greater flexibility which covers important structures, such as vessels, tendons and nerves. Conversely, the dorsal skin is characterized by high mobility with respect to underlying tissues to enable the complete flexion and extension of the elbow (Battiston *et al.*, 2013). Due to dorsal elbow skin character, the healing process at this location can be difficult.

Mupirocin USP	2 g
PCCA PracaSil™- Plus	98 g

Figure 1. PCCA Formula #10843



Figure 2. Right elbow (before PracaSil-Plus)



Figure 3. Right elbow (11 days after PracaSil-Plus)



Figure 4. Left elbow (before PracaSil-Plus)



Figure 5. Left elbow (11 days after PracaSil-Plus)

Patient Report: Amazing product! The results were unbelievable. I would use this for any future wound of this nature over anything else. The product is easy to apply and has a fast healing capability.

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Acknowledgements: The patient agreed to anonymously share information and figures included in this case study. Figures 2-5 are courtesy of the patient. PCCA Science is grateful for the valuable information shared.

Introduction: PracaSil-Plus is a proprietary anhydrous silicone base designed to be applied topically in scar therapy treatment (PCCA, 2013a). Silicones have been widely used for their occlusion and hydration properties, which are essential in scar management (Widgerow *et al.*, 2000; Mustoe, 2008). PracaSil-Plus also contains Pracaxi oil, extracted from the oilseed plant *Pentaclethra macroloba*, which has several medicinal applications including skin regeneration and healing (Costa *et al.*, 2013). PracaSil-Plus may be used alone or as a base for the incorporation of active substances in scar therapy treatment (PCCA, 2013a).

Research Studies: The efficacy of PracaSil-Plus in scar therapy treatment was evaluated by visual and instrumental methods in an eight-week, randomized, double-blind, controlled pilot trial conducted on eleven adult Caucasian subject volunteers. PracaSil-Plus showed qualitative and quantitative improvements in the following scar attributes: scar length, scar color/pigment intensity, scar texture/ smoothness/roughness, and overall appearance in both old scars and new scars (PCCA, 2013b).

References:

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