



PROLOTHERAPY

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WHAT IS PROLOTHERAPY?

Prolotherapy is a safe, effective injection treatment which provides increased strength in joints, ligaments, and tendons. It can eliminate even chronic longstanding back, neck and joint pain.

It repairs weakened and torn ligaments by using a natural healing mechanism. The body responds to irritation from the proliferate injections by making new connective tissue.

THE GOAL OF PROLOTHERAPY

Is to inject an irritating solution to produce a slight inflammation, which increases the blood supply. Fibroblast (healing cells) travel to this irritated spot and lay down new fibrous connective tissue (collagen) within and around it, strengthening the ligaments. Over a few months the new tissue remodels and shrinks to fit around the joint. As a result, there is increased joint, ligament, and tendon stability, and greater strength. Chronic joint pain is relieved. Surprisingly, immobility has been shown to increase, because stiffness is often due to protective muscle spasm, and once the pain from the ligaments is relieved, the muscles relax.

Also, prolotherapy injections into trigger points in muscles or into tender points of attachments of muscles to bones can affect resolution of inflammation. This is thought to be due to resolution of vessels, which are blood vessels that maintain and prolong inflammation.

HOW MANY TREATMENTS REQUIRED?

A series of 6-8 treatments is usually necessary for low back problems, 4-6 treatments for neck problems, 2-3 treatments for upper back.

**PROLOTHERAPY MAY BE A TAX
DEDUCTION FOR THE
SELF EMPLOYED, THE EMPLOYER OR
EMPLOYEE**

THE TECHNIQUE

The solution contains 25% glucose which is irritating because it is so strong. A weak solution of lignocaine (local anaesthetic) is added. The solution is injected to where the ligaments attach onto the bone. Usually, many different points must be injected into various ligaments around the joints to strengthen the whole area.

Typically, approximately 20 to 30 injections are required at a treatment.

The local anaesthetic brings relief of pain for a short time. This can be useful diagnostically, especially if there has been some doubt where the pain is coming from. Then inflammation begins and pain may occur and may last about 2 days. Pain relief is used if necessary.

RISKS

In general, there is potential for infection, but the injections are carried out using an aseptic technique.

specific to localised areas are: -

1. Lumbar Spine – Accidental injection into spinal canal.
2. Cervical Spine – Accidental injection into the spinal canal.
3. Thorax - Accidental injection could produce a pneumothorax

RESEARCH

Double-blind, placebo-controlled trials have shown that this treatment is significantly more effective for low back pain than injecting local anesthetic alone.

WHAT CAN I DO TO HELP?

No aspirin, other anti-inflammatory drugs or liniments should be used for pain relief as they might reduce the inflammatory process that is being encouraged.

For pain relief use paracetamol, dextropropoxyphene or codeine. Ask your pharmacist if in doubt.

- **Exercises** may be necessary to re-educate correct muscle patterns. They can begin immediately or when the pain has decreased. They should not be painful. Ask for the correct ones.
- **Nutrients** are very important to encourage good health and repair of ligaments and discs and bones and should be taken until three months after the end of treatment.
- **Vitamin C** 1000-7000 mg/day (makes strong connective tissue, helps healing).
- **Manganese** (as chelate) 10-20mg/day (essential for discs and cartilage).
- **Zinc** 15-30mg/day (wound healing, important for new protein).



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