

What is Prolotherapy?

Prolotherapy is a treatment that initiates the growth or formation of new ligament tissue in areas where it has become weak. It consists of a dextrose solution which is injected into the ligament or tendon at the injured site. The injection then causes a localized inflammation in the weak areas, increasing blood supply and the flow of nutrients. The result is a stimulation of the tissue to repair itself.

What Injuries are Treated by Prolotherapy?

This treatment can be used for several types of musculoskeletal pain including, but not limited to, sports injuries, back pain, neck pain, carpal tunnel syndrome and partially torn tendons, ligaments and cartilage.

Ligaments and tendons are most susceptible to strains and incomplete healing after injury due to poor blood supply. The prolotherapy injections stimulate the natural healing process and growth of the injured areas resulting in stronger tissue.

How Long is the Treatment?

The number of treatments will vary amongst individuals. The average treatment is between four to six injections. It is important to communicate with your physician during treatment in order to evaluate the effectiveness and how your body is responding to the injections.

Am I a Candidate for this Treatment?

Prolotherapy is most successful in individuals that have pain originating from a tendon or ligament injury or related chronic pain, strong immune system, willingness to improve and comply with follow up visits, maintain a healthy diet and have a positive mental outlook.

Is this an Alternative to Surgery?

Prolotherapy is considered a conservative treatment versus surgery. This treatment may reduce the immediate need for surgery by increasing the strength of the ligament or tendon tissue and decreasing pain levels to a tolerable level.

What are the Side Effects?

Patients may experience bruising, temporary increase in pain, swelling and stiffness at the injected site. This is considered a minimally-invasive procedure, which means there is always a risk of infection.

Discuss any concerns you have about this treatment with your physician.