

Prolotherapy

What is Prolotherapy?

- Prolotherapy is a regenerative injection process.
- Painful joints, ligaments or tendons are injected to stimulate the body to produce new healthy tissues.
- This helps to reduce pain, improve movement and restore function.
- 15-25% Dextrose is injected, triggering an inflammatory reaction which stimulates a healing response.
- Since we are repairing the damaged tissue, we expect long lasting, durable improvements.
- This injection is done using ultrasound guidance to ensure the injection is as safe and accurate as possible.

What conditions can Prolotherapy help?

- Sprains and sports injuries
- Joint pain
- Rotator cuff injuries
- Tennis or Golfer's Elbow
- Plantar fasciitis
- Achilles tendonitis
- Greater trochanter pain in the hip
- Low back pain: SI dysfunction
- TMJ pain
- Other ligament or tendon injuries

What to expect after treatment?

- Post-treatment soreness is expected for 24-48 hours after injection.

How can I treat post-procedure pain?

- Tylenol (acetaminophen) or heat
- Please do not use ice or anti-inflammatory medications as this impairs the healing process

What should I avoid after treatment?

- Avoid ice or anti-inflammatory medications
- No manual therapy including massage, chiropractic treatment for 3-5 days.

PRIMEMEDICAL

HEALTH EXCELLENCE

How many treatments will I need?

- 3-6 treatments are typically required, spaced 4-6 weeks apart.

What are the risks?

- *Infection*: is a very rare but potentially serious complication. If you have a red, hot, swollen joint please contact our office immediately. If you cannot reach us please go to the closest emergency department.
 - If you develop these symptoms with fever, sweats, chills, or other flu-like symptoms, go to the closest emergency department
- *Post-treatment soreness*: 24-48 hours post injection is most common
- *Lightheadedness or nausea* are rare and generally resolve rapidly

When should I rebook?

- Injections should be done at 4-6 week intervals.

How can I improve my chances of long-term benefit?

- Ensure you are participating in rehab, even if that is at-home physiotherapy consisting of rolling and stretching. If you need a rehab practitioner recommendation, please ask. We want to make sure your biomechanics are optimized to promote long-term results.