

Perineural Injection Therapy: PIT

What is PIT?

- Perineural injections, otherwise known as Lyftogt Technique or Neural Prolotherapy, are an effective treatment for pain originating around small surface nerves and the fascia layer.
- These are very superficial injections using 5% Dextrose. This almost immediately shuts off production of painful stimuli and helps reduce nerve swelling, resulting in near immediate pain relief.
- The exact mechanism of action is unknown, but it is postulated that dextrose works at the cellular level on the TRVP1 receptors to decrease Substance P and other pain producing chemicals.
- Dextrose is also thought to work on ion channels in the affected nerve, aiding in healing at the cellular level.
- Lastly, the hydrodissection effect of injection allows the nerve to return to normal sliding through fascial openings.
- The first injections can relief pain for a few hours to a few weeks. Pain will almost certainly return at some point, to some extent. Each treatment should result in longer lasting more robust pain relief.

What conditions can PIT help?

- Neurogenic pain
- Scar pain
- Headaches
- Trigeminal neuralgia
- Post-herpetic neuralgia
- Other painful conditions

What to expect after treatment?

- Complete resolution of pain is often achieved post-injection.

What should I avoid after treatment?

- No manual therapy including massage, chiropractic treatment for 3-5 days.

How many treatments will I need?

- 3 treatments, one week apart is initially recommended to see if this will be an effective treatment method for you.
- If you are responding, time between appointments is increased until you are pain free or much improved.
- 3-10+ treatments can be required. Some patients require maintenance injections.

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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
- *Lightheadedness or nausea* are rare and generally resolve rapidly

When should I rebook?

- Injections should be done at 1-week intervals to begin.

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.