

What is Prolotherapy?

Prolotherapy is a regenerative joint injection therapy.

- Specific to musculoskeletal tissues and joints
- Effective for treating pain
- Targeted directly to the site of pain/injury to help strengthen and repair both ligaments and tendons.
- Stimulates the body's healing mechanism to heal old and new injuries
- Millions of people live with chronic pain. If you are one of them, you may benefit from injection therapy

What is Treated with Prolotherapy?

- Osteoarthritis
- Knee Pain
- Tennis elbow
- Shoulder pain
- Golfer's elbow
- ACL/PCL injury
- Frozen shoulder
- Rotator cuff
- Ankle sprain
- Foot pain

Prolotherapy Frequently Asked Questions.

Is prolotherapy a good choice for me?

Yes, if you have any unresolved joint pain. A physical exam and thorough history are always taken to ensure it is the right therapy for you.

- If you are on anticoagulation therapy like Heparin, Plavix or Coumadin, you are not a prolotherapy candidate.

- If you have elevated blood sugars or diabetes, these injections may not be as effective.
- Since each person is different, recommendations before and after injection therapies are customized to each patient.

What does the doctor inject into my joints?

- Lidocaine, saline and dextrose are used in the injections. Lidocaine is a pain reliever and Dextrose is a type of sugar that acts as an irritant to stimulate the growth of connective tissue and promote healing.

How many treatments does the therapy require?

- Treatments are separated approximately four weeks apart. Many patients get great results from just one treatment, but full healing often takes a series of injections.

Are there side effects?

- Often only risks are superficial bruising, some bleeding or swelling at the injection site. Pain may last a few days before fading