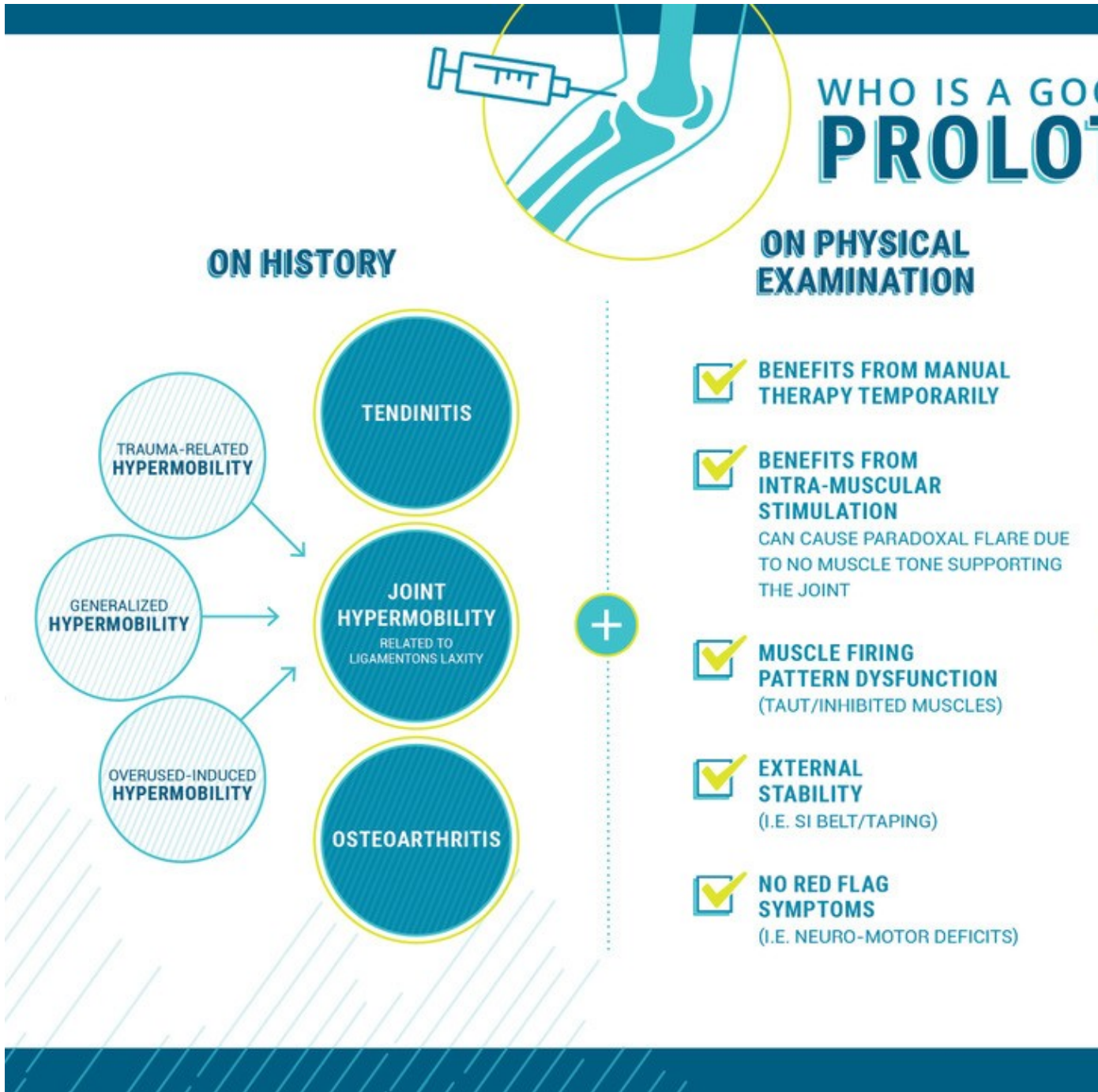


What we do

Prolotherapy



What is prolotherapy?

Prolotherapy, or proliferation therapy, is the injection of a solution to stimulate the growth of new cells to heal painful joints. Some conditions that can also be treated.

Ligaments surround all our joints, connecting bone to bone. They also have a large number of nerve endings so that if they become slack from our natural posture and daily activities. They can also be injured by trauma.

Will I benefit from this treatment?

Your candidacy for treatment by prolotherapy must be assessed. It is important that a trained clinician performs an assessment. The more information we have when you visit, the better judgment we can make about your treatment.

What do the injections consist of?

The injections consist of a mixture of a local anaesthetic and Dextrose. The Dextrose solution is a strong enough concentration to irritate the joint, which is the first part of the healing process.

Are there any risks?

The most common risks when puncturing skin, namely infection and bleeding, are very rare due to the small diameter of the needles used.

It is possible to enter the spinal canal, but this is rare, as injections directly over the middle of the spine are no longer used. Laying flat alleviates the headache.

The other risk of consequence is the possibility of puncturing a lung, when injecting the upper part of your back. This is very rare.

A very small percentage of the population is allergic to local anaesthetic agents. If you think you are, please let your doctor know.

An even smaller percentage of people are allergic to sugar, which is the source of medical Dextrose. Some people have had allergic reactions to Dextrose.

Is this painful?

The injections are uncomfortable, but the local anaesthetic removes the pain quickly. In spite of this, or if you are having difficulty with the procedure, there are alternatives.

Most patients in Calgary are able to drive themselves to and from the treatment and are able to return to work afterwards. You may need to change position as needed for the long drive home.

Most patients will feel stiff for a day or two afterwards. Changing position regularly, gentle activity, stretching, and heat or pain medication such as Tylenol can be used. Please do not use anti-inflammatory painkillers (Advil, Ibuprofen, Aspirin).

How Many Injections Will I Need?

Most men require three to six treatments. Women usually require six to nine treatments. Treatments are done weekly, with a break of two to three months after the last injection.

What Follow Up Treatments Are Needed?

It is very important to see your physiotherapist two to seven days after prolotherapy. This is to check joint mobility and to see how you are doing. The last injection when the ligaments are tightening. At that time you will get longer lasting relief from the IMS (intramuscular stimulation) program.

Is there a cost?

At present Alberta Health Care does not cover the cost of prolotherapy. Please ask your physiotherapist about the current cost. The fee will cover the cost of the procedure and materials used. Insurance plans vary, but as evidence and clinical success grows, there is a hope for coverage. There is a fee to replace lost receipts. Payment must be made at the beginning of each office visit. We do not direct bill.

Other Considerations

Stay as active as possible without aggravating your condition. Break up tasks that bother you into shorter pieces e.g. walking. Walking is usually safe. For those who cannot tolerate walking, swimming or buoyant activity is a good way to stay active without aggravating your condition.

Sleep disturbance is common with chronic pain. Watch for signs of depression such as mood changes, decreased energy, loss of interest, hopelessness, and suicidal thoughts. Discuss these symptoms with your doctor as soon as they are apparent.

Anti-inflammatory medications will block some of the effect of prolotherapy and should be avoided for at least two weeks. Other prescriptions for other health conditions can be continued under guidance of a physician.

Stress or other stimulants such as cold medications can cause muscle tightening. Try to avoid these or consider relaxation techniques.

Appointments

Please have your referring health care provider (doctor or physiotherapist) send a referral to Evidence. Our staff will contact you to confirm your appointment.

Your first appointment will be a consultation. At that visit, we will review your condition. We will examine you and discuss your condition and bring any previously completed **copies of any X-ray or MRI reports and bring these to the first appointment.** If you have traveled. **There is a fee for not attending your scheduled appointment, or cancellation with less than 48 hrs prior to your appointment.**

What should I wear and bring with me?

You should wear loose fitting clothing that allows easy access to the affected area. This will also be more comfortable for you and your clothes.

For additional sources of information, see www.prolotherapy.com