



Meet Your Doctor

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Medical Degree

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Board Certification

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Insurance

Although prolotherapy has been used successfully and safely for decades, most major medical insurance companies - including Medicare - do not cover this procedure because it is considered experimental (yet on the contrary, it is often covered by workman's compensation). The cost per injection is \$200.

If you are considering this form of treatment, please contact your insurance company prior to your visit to understand your specific plan's coverage limitations.



**PRIMARY CARE
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PROLOTHERAPY *Regenerative Injection Therapy*



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What is Prolotherapy?

Prolotherapy, also known as regenerative injection therapy, is a non-surgical, injection-based therapy for chronic ligament, tendon, and joint pain.

Acute injuries such as a sprained knee, whiplash from an auto accident, or lifting a heavy item at work may have caused the ligaments and/or tendons to tear or fray; chronic sports injuries, recurring tendonitis, and chronic back pain may also result in damage to these cable-like structures.

Performing prolotherapy on the affected area stimulates the body's natural healing mechanisms by creating an inflammation that triggers the body's repair processes to strengthen the existing tissue and to enhance the growth of new tissue. The technique of creating this inflammatory response is done by injecting a solution known as a proliferant.

Prolotherapy is now gaining wider acceptance for painful musculo-skeletal and ligamentous problems and has demonstrated long-lasting results.



The Prolotherapy Procedure

Injection

The physician will inject a solution of saline (salt water) and dextrose (sugar water) into the affected joint, near the ligament.

Length of Time

The time needed to perform the procedure varies greatly, depending on multiple factors, such as where your pain is and how long it has lasted.

Follow Up Care

After the initial injection, it is recommended to wait four weeks to reassess. Typically, only one to four treatments are administered.

Expectations and Side Effects

Expectations

Patients usually feel fullness, numbness and some minor pain in the areas treated with prolotherapy injection. During the first 24-72 hours after the shots, your pain may return or increase for a short time. If the treatment is successful, the pain usually decreases steadily over approximately 4 weeks.

Patients usually fall into one of four recovery groups. The first group eventually has little or no permanent pain after the injections. A second group experiences about 50% relief of pain. The third group experiences only mild pain relief that may be temporary. As with any treatment, there are some patients who show no improvement.

Side Effects & Risks

Prolotherapy treatment is not without risk, but serious complications are rare. Pain, swelling, and redness may result and should be anticipated. Bruising at the injection site may occur, and as with any injection administered, there is risk of infection, bleeding or nerve damage. Other side effects and risks include permanent numbness, weakness, partial paralysis, dizziness, nausea, spinal headache, and abscess.