



PROLOTHERAPY

Prolotherapy is a regenerative procedure useful to treat damaged ligaments and tendons. Ligaments are important to ensure stability of the joints and spine. When they are weakened, it causes a painful ligamentary stretching and instability in the joints and spine.

Prolotherapy can help stimulate the healing process of the ligaments and improve the stability of a joint or the spine.

In order to stimulate the healing of a ligament or a tendon, an irritant solution, usually Dextrose, is injected in the ligament. That injection irritates the ligament or tendon, which triggers the healing process in the injected tissue. Gradually, the ligament heals and becomes stronger, which helps stabilize the joint or the spine. An average of 4 to 6 treatments is necessary for maximum recovery. They are administered at 4 to 6-week intervals. Usually, no relief is noted before the second treatment.

Benefits

Prolotherapy can help relieve pain in the ligaments. Some studies indicate a success rate of 80% in patients with low back pain due to ligaments. In practice, prolotherapy must sometimes be combined to other types of treatment like caudal epidural, physiotherapy, manipulations, infiltrations of the facet joints or nerve blocks.

Before your appointment

- If you feel ill, if you have a cold or if you are feverish, please call us at 613-824-4223 to postpone your appointment.
- Eat a light meal.
- Plan for a driver to bring you back home.
- Take your medication as usual.

During treatment

- You will be positioned in a way allowing a good exposition of the treated area.
- The injection site will be identified by palpation or ultrasound examination.
- Your skin will be disinfected and anesthetized.
- You will feel some discomfort during the injection. It will be temporary.
- If, at any time, you experience severe pain or you feel dizzy or ill, you must tell the doctor so he can make sure that the procedure takes place with the least possible discomfort for you.

After the injection

- You will stay lying down on the examination table for a few minutes.
- If, when you get up, you feel weak or dizzy, you will have to lie down again to recover quickly.
- When you feel well, you will be able to dress but will need to wait 30 minutes in the waiting room before leaving.
- If you feel dizzy, you must tell the doctor or his assistant so they can help you lie down again.

At home

- If the doctor applied a bandage, you can take it off.
- You can take a bath or a shower.
- You will be able to resume your normal activities 3 to 4 hours after the treatment, when the tendon, ligament or joint is no longer under anesthesia.

Risks and side effects

Some **benign** side effects can occur after the treatment, such as:

- Pain: apply cold or heat for 15 minutes every hour.
- Acetaminophen can help reduce the pain and the initial stiffness, which usually lasts from 2 to 5 days. It is better to avoid anti-inflammatory drugs like ibuprofen, Advil, Motrin or Aleve.
- Bleeding at the injection site: apply pressure for 20 minutes with a compress.

Some side effects are more **serious**:

- Severe headache
- Fever over 38 degrees Celsius
- Redness at the injection site
- Severe pain
- Persistent weakness or numbness

If you note one of these signs, please contact us at 613-824-4223 or info@cproloc.ca or go to the nearest emergency.

Please contact us at 613-824-4223 if you believe to have had a side effect from the treatment or have consulted your family doctor or emergency department unexpectedly within 10 days of the procedure