



Prolotherapy

Prolotherapy is a regenerative injection therapy designed to stimulate the body's natural healing processes to encourage new collagen growth in weakened ligaments, joints, tendons, or other connective tissues.

The goal is a permanent stabilization and healing of the damaged tissue resulting in a reduction or elimination of painful conditions.



This treatment is not to be confused with prednisone (corticosteroid) injections which reduce inflammation by suppressing the immune system for rapid short-term pain relief.

How & Why it Works

The concept of applying irritants to injuries to provoke healing has been used since ancient times. Modern use of prolotherapy began in the 1800s as a treatment for hernias and varicose veins and has evolved since that time into a safe and effective treatment for a variety of conditions involving difficult to heal areas.

Joints, tendons, ligaments and cartilage are generally slow to heal or heal incompletely even with proper rest and physical therapy due to low blood flow to these areas. This failure to heal properly leads to chronic instability which can produce ongoing pain.

Prolotherapy works by injecting a stimulating solution into the precise area of injury to deliberately cause inflammation. This all-natural solution triggers a new and strong healing cycle with a controlled, concentrated stimulus in an area where healing had not been stimulated on its own.

The inflammatory response created by the injection encourages blood flow and the growth of new ligament, cartilage or tendon fibers which will gradually buildup, rebuild and return the tissue to its original strength resulting in the reduction or elimination of pain.

Conditions Treated

Prolotherapy is used to treat many areas of instability or types of injury:

- General back pain
- Degenerative disc disease
- Sacro-iliac joint instability / dysfunction
- Neck pain
- Knee pain
- Knee meniscus tears
- Wrist or hand pain
- neuromas
- Osteoarthritis
- Shoulder pain
- Rotator cuff tears
- Elbow pain (golfers or tennis elbow)
- Foot pain (plantar fasciitis)
- Ankle pain or instability
- Hypermobility
- Pelvic pain
- IT band syndrome
- Sciatic nerve pain
- Temporal mandibular joint syndrome (TMJ)
- Other musculoskeletal pain or injury
- Carpal tunnel pain

Evaluation

It is extremely important to obtain a correct diagnosis for a patient's pain before determining if prolotherapy is the best treatment option.

While previous testing and medical history will be considered, the doctor will perform an exam and may order additional diagnostic imaging to identify the precise problem.

Preparing for Prolotherapy Treatment

Two weeks before your first set of scheduled injections, you will stop taking all NSAIDS (aspirin, ibuprofen, naproxen, Motrin) and begin taking nutraceuticals to support healing. *You will continue taking the nutraceuticals for the duration of your injections and for the two months following your final appointment.*

What happens during a procedure?

You can expect your procedure to last 30-45 minutes.

- 1) The injection sites are prepared with antiseptic.
- 2) You are placed in a position that exposes the target joint, tendon or ligament.
- 3) A fine needle is inserted into the target area.
An ultrasound may be used to guide needle placement accuracy.
- 4) A small amount of solution is injected: includes dextrose (sugar), anesthetic and German Botanicals.
Multiple injections are usually administered to fully treat the area.

You may experience mild burning or pressure, but the procedure is generally well tolerated.

Course of Treatment

Typically you will need 3-6 injections every 2-3 weeks.

The healing process initiated by Prolotherapy injections takes time for the full effects to be realized. You can expect an increase in pain in the first 2-5 days following injections, then steady improvement in pain levels with maximum improvement reached in 3-4 weeks.



Side effects

While steps are taken to reduce pain while receiving an injection, there may be a temporary increase in pain after treatment due to mild swelling and stiffness. *This is a result of the immune system responding exactly as we hope.* This mild inflammatory response will pass fairly quickly.

Most people can return to normal activity, but heavy exercise should be reduced for 2-3 days.

IT IS NOT RECOMMENDED TO TAKE NSAID PAIN RELIEVERS AFTER PROLOTHERAPY INJECTIONS. These will suppress the desired inflammatory healing process produced by the prolotherapy injection. This includes aspirin, naproxen, Motrin and ibuprofen.

If pain is intolerable, Tylenol may be taken as a last resort.

How long does the effects of treatment last?

Some people never need additional prolotherapy treatment. Reinjury or underlying conditions contributing to joint or tendon issues may indicate additional treatment sessions.

Certification

Dr. Bisson has received training to perform this treatment from the [The American Osteopathic Association of Prolotherapy Regenerative Medicine](#) and continues to educate herself in its use and administration. She is approved by the State of OR to provide regenerative injections therapies.

Resources

Prolotherapy.com

<https://prolotherapy.com/prolotherapy-basics-explained.html>

The American Osteopathic Association of Prolotherapy Regenerative Medicine

<https://prolotherapycollege.org/what-is-prolotherapy/>

On the of History of Prolotherapy

<https://prolotherapy.com/about-prolotherapy-history.html>

<https://www.medcentral.com/pain/chronic/history-prolotherapy>