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PERINEURAL INJECTION THERAPY

treatment for pain caused by sensitive
nerves



What is prolotherapy?

It is believed that weakened ligaments, tendons are common causes of chronic joint pain.

Prolotherapy is a regenerative procedure to prime the body's healing process to simulate growth of connective tissue to strengthen weakened and painful ligaments, tendons and joints. This is done via injections with glucose or platelet rich plasma (PRP)

Who is this for?

People with chronic pain in their joints, ligaments and tendons such as

- osteoarthritis
- low back pain
- rotator cuff injury
- tennis/ golfer's elbow
- achilles tendinopathy
- hip pain and more

A number of conditions do not respond well to prolotherapy such as

- certain types of arthritis (rheumatoid arthritis and gout)
- fibromyalgia
- Acute conditions of less than 3 months

What happens during consultation?

Understanding your pain, physical examination to determine the likely causes of your problem. Radiological imaging might be needed.

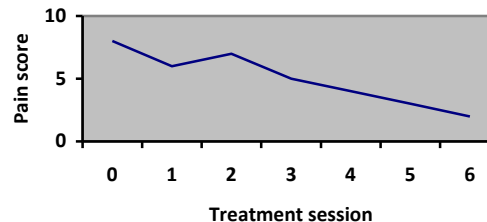
Discussion of treatment plan

Injection at different areas during the same visit may be needed.

How would I feel after PIT?

Most people experience pain relief in pain by 10-20%. This pain-relieving effect can last from a few hours to a few days. When the pain returns, it is usually less painful. Most will continue to find a gradual reduction in pain after each treatment and this can be up to 80%.

Typical painchart



Treatment course

IT is given every 1 -2 weeks, usually for 4-8 sessions. After 3 sessions, you will be offered further injection treatments if it is felt to be beneficial.

In acute pain, PIT can be given every 1-3 days till acute pain is manageable and frequency of subsequent sessions will be recommended.

General exercise to improve fitness such as walking, swimming continues to play an important role in this treatment programme. It is generally recommended to continue 50% of usual exercise or activity for the initial 2-3 days after PIT.

Other treatments such as physiotherapy/ movement and conditioning therapy, pilates are still allowed with gradual increase in load from 50%.

FAQ

Side effects:

Bruising, warmth feeling in region of injection, itch. These effects generally do not last more than few hours or days