

FAQ

Side effects:

Side effects are minimised with careful injection method however mild- moderate side effects may still occur: bruising, nerve irritation (shooting pain), headaches from muscle spasm. These effects generally do not last more than few hours or days

What to avoid

Avoid medications like aspirin, NSAIDS 7 days before and after prolotherapy. Paracetamol can be taken for pain relief.

Avoid pools and spas for 24hours to prevent infections

How effective is prolotherapy?

A number of randomised clinical trials have been done to test the effectiveness of prolotherapy. Despite having lower backpain for an average of 14years, the following responses occurred in patients after treatment:

- at 6 months, 50% of patients had reduced their pain by half
- at 12 months, 40% had reduced their pain by half, 75% felt lesser pain than before

Prolotherapy
re-ignite your ability to **HEAL**



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 prolotherapy?

As Prolotherapy stimulates inflammation to restart your body's healing process, certain soreness can be expected for 3-5 days.

Treatment course

Prolotherapy is given every 2 -6 weeks, usually for 3-6 sessions. After 3 sessions, you will be offered further injection treatments if it is felt to be beneficial.

General exercise to improve fitness such as walking, swimming continues to play an important role in this treatment programme.

Other treatments such as physiotherapy/ movement and conditioning therapy, Pilates are still allowed with the following recommendation:

Week 1-2: Light exercise and no excessive motion at injection area

Week 2-6: Transition into exercise/ activity guided by examination

Week 6 -12: increase exercise and activity specific training

After week 12: transition to full activities

Supplements:

Based on recent research on treatment of Achilles tendon problems, collagen peptide, vitamin C supplements may be effective in promoting tendon repair.