

What is Prolotherapy?

Prolotherapy (“Prolo”) is an injection treatment to stimulate your body’s own ability to strengthen weak and painful ligaments, tendons, cartilage, and other musculoskeletal tissue.

Prolotherapy is a medical procedure performed by medical doctors who have received specialized training in this technique. Prolotherapy involves the injection of natural substances into the weakened or injured tissue.

How does Prolotherapy work?

Ligaments are bands that connect two bones together. Tendons are the connectors between muscle and bone. Weak or damaged ligaments and tendons may become lax leading to pain, weakness, and instability. Strengthening these tissues reduces pain and stabilizes the structures allowing you to comfortably perform the activities you desire.

Often times, muscle spasm accompanies ligament/tendon laxity in order to protect the unstable joint or vertebra. Strengthening the tissue stops the spasm.

When joints are unstable, degenerative arthritis occurs. Prolotherapy treats arthritis and prevents the degeneration.

Once stability returns to the ligaments, tendons, and cartilage, you can enjoy your physical activities once again.

What conditions can Prolotherapy be used for?

Since most orthopedic injuries involve damage to the ligaments, tendons, and cartilage just about all musculoskeletal injuries can be treated with Prolotherapy. Bursitis, tendonitis, sprains, strains, low back and neck pain will most likely improve and potentially be CURED with prolotherapy.

Examples include:

- Shoulder injuries
Rotator cuff tears/tendonitis
Subluxations and instability
Cartilage tears
- Elbow/wrist injuries
Tennis and Golfer’s elbow
Carpal tunnel syndrome
- Low back/neck injuries
Whiplash injuries
Sacroiliac joint injuries
Degenerative disc disease
Sciatica and pinched nerve pain
- Hip/pelvic injuries
Degenerative joint disease
Groin pulls
Hip bursitis/tendonitis
- Knee injuries
ACL/MCL/LCL/PCL sprains
Meniscus and cartilage tears
Osteoarthritis
Anterior knee pain syndromes
- Foot/ankle injuries
Ankle sprains/strains
Plantar fasciitis and heel pain
Achilles tendonitis

Complete ligament tears and fractures do not respond to prolotherapy unless surgery or immobilization is performed first.

Are there any complications?

Fortunately, complications are rare. Since prolotherapy is an injection treatment the risks are no different than other common injection therapies. Surgery has far greater risks. Prolotherapy is an ideal treatment to use before non-emergent surgeries are performed. The proliferants injected are natural substances such as high concentration dextrose (sugar). Steroids like cortisone are NOT used.

How long will it take to see results?

The goal is to restore your body to normal, pain-free function with as few treatments as possible. Some patients see relief with one treatment; others require a series of injections over several weeks or months. Treatment varies with the degree and extent of the injury and the number of areas involved. Generally injections may be performed every 3 to 6 weeks. The better your body’s ability to heal quickly, the sooner you may see results.

Does Prolotherapy work?

Numerous research studies are now available demonstrating the effectiveness of prolotherapy. Major academic institutions and medical centers as well as many sports medicine centers are utilizing Prolotherapy as a non-surgical alternative to treat painful injuries to ligaments, tendons, and cartilage. Ask Dr. Zaharoff for additional resource information.