



## **Prolotherapy Frequently Asked Questions:**

### **Q: What is Prolotherapy?**

A: Dextrose Prolotherapy, or Proliferation therapy, is an ultrasound guided treatment that works by injecting a non-toxic irritant (like dextrose) into an area of healthy tissue to trigger the body's natural healing cascade.

### **Q: How does it work?**

A: By irritating healthy tissue, the practitioner can stimulate the body's natural healing response to help provide stability, pain control and decreased healing times from sprain and strain injuries.

### **Q: Why should I get it?**

A: Prolotherapy is considered a viable alternative to surgery, as an option to pain medications and anti-inflammatory injections such as cortisone and other steroidal injections in instances of joint instability, tendon, muscle and ligament injuries and osteoarthritis. Prolotherapy is also a safe option that allows you to keep working and/or training during treatment.

### **Q: What does it treat?**

A: Musculoskeletal injuries of tendons, ligaments, muscles, cartilage and nerves. Ex: Arthritis, ligament/muscle/tendon tears, nerve lesions.

### **Q: Do I need to do anything before my injection?**

A: Avoid anti-inflammatories and steroid medications for 1 week before and 2 weeks after the injection. You may pre-medicate if needed for expected pain with over the counter Tylenol about 2 hours prior to your appointment.

### **Q: When can I resume physical activity?**

A: This depends on the severity of your injury, but as a general rule no physical activity should be done at least 2 days following the injection. Physical therapy guided activity, gentle range of motion (stretching), and non-weight bearing activity may be done 4 days to up to 2 weeks after your injection. After about 2 weeks, progressive activity is initiated, as dictated by your doctor.

### **Q: How many times do I have to get the injections? How often do I get them?**

A: On average, patients will receive 3-6 injections per anatomical structure (joints, meniscus, labrum, ligaments, tendon, muscles, bursa, or fascia/connective tissue, etc.). Multiple structures may be addressed at each visit. The treatments are generally given monthly to allow sufficient time for healing.

### **Q: What should I expect after the procedure? Any limitations?**

A: You may experience redness, swelling and discomfort after the procedure. You may apply ice or heat to the area for 15 minutes every 2-3 hours for the first 48 hours. By day 3-5, symptoms will begin to resolve significantly. Rarely, flares can last up to 2 weeks. The day of and day after the procedure you should limit the activity related to the injection site to activities of daily living, but can do gentle range of motion exercises. Impact activity will be restricted based on the issue being treated and can range from 2-8 weeks. In some cases, your physician may recommend physical therapy to aid in the return to activity.

### **Q: Will insurance cover the cost of the procedure?**

A: Unfortunately, most insurance companies still consider Prolotherapy too new of a treatment to be covered. However, we are finding that more and more insurance companies are recognizing the value of Prolotherapy treatments and providing patients with at least partial reimbursement. Please check with your insurance provider for more information

### **Q: How do I know I am responding to treatment?**

A: There are a variety of measures that can be used to measure progress. While pain relief is the ultimate goal, it is not the best way to measure early progress. Strength and improved function are the first changes we see.

### **Q: What is in the injection?**

A: The irritant introduced is Dextrose, a sugar solution. Lidocaine, a local anesthetic, is used to reduce the discomfort of the injection and sterile saline, salt water, is used to dilute the solution.