



Santiam Community Health

serving the Willamette Valley

CLASSES • WORKSHOPS • MEDICAL SERVICES

What Is Prolotherapy?

Prolotherapy is one type of Regenerative Injection Therapies and is a treatment for chronic musculoskeletal pain. The word "Prolo" is short for proliferation as prolotherapy treatment enhances the growth and formation of new ligaments, tendons and cartilage in areas where there is weakness, injury or degeneration. Any joint in the body can be treated successfully with prolotherapy regardless of when the injury happened. The treatment is also beneficial for many types of musculoskeletal pain.

Prolotherapy is injected into a ligament or tendon where the site of injury or degeneration is. The main effect is called a "stem cell migration process" and brings the body's natural wound healing cascade to the injection site, leading to increased blood supply and flow of nutrients and growth factors. This stimulates the tissue to repair itself by deposition of new collagen, the material that ligaments (bone-to-bone connections), tendons (muscle-to-bone connections), joints, joint capsules, cartilage and other connective tissue are made of.

What is in the prolotherapy solution?

A proliferant agent (dextrose in 12-20% strength), anesthetic (numbing agent) and saline may be added. This is safe for diabetics. Those with known allergies to anesthetics (such as Lidocaine) need to discuss their allergies prior to treatment.

What is a prolotherapy session like?

Initially there may be a temporary swelling, increase in tenderness and soreness because of the healing cascade response being started. This subsides within hours (to a few days at most). Increased stability can be felt initially, within the first few days. The majority of the effect culminates over 3-4 weeks. Please review Dr. Angela's before and after injection handout for full details on how to prepare, and what to expect.

Conditions Commonly Treated:

- Any joint pain (hip, knee, ankle, shoulder, ankle, wrist)
- Partial tears of ligaments, tendons
- Loss of cartilage, degenerative joint disease, osteoarthritis
- Herniated / Degenerated discs
- Post injury / Trauma pain
- Low Back Pain
- Neck Pain /Headaches
- Unstable shoulder joints (repeated dislocations)
- Pain conditions: Sciatica, Arthritis, etc.

- Frozen shoulder
- Whiplash injuries
- Sports injuries
- Tendonitis

Conditions Not Treated:

Neuralgia/ nerve pain

Fibromyalgia or any other non-specific chronic pain (if we cannot find specific painful structures)

Referred pain from tight muscles (massage may be a better choice)

How Many Treatments Are Needed?

The response to treatment varies with each individual and the extent of trauma to the ligament, tendon, joint or cartilage, as well as the individual's rates of healing (among other health factors).

Some resolve minor injuries with 1-3 sessions, while others with more severe or extensive levels of injury or degradation may need 6 or more in all. After re-evaluation, we can assess each person's individual response.

How long do the effects last?

Long term studies show results can be held after 6, 12, 18 and 24 months. Dr. Angela's experience has shown that the effects can last for years (barring no other systemic, metabolic or inflammatory condition that would undermine the prolotherapy effect). There is extensive research collected by the country's two main Prolotherapy professional organizations: AAOM and AOAPRM (Dr. Angela is a member of the latter).

Prolotherapy is safe to combine with any other physical medicine treatment you may be receiving:

Therapeutic Ultrasound, Acupuncture, Physical therapy, Laser therapy, Chiropractic treatments, massage, supplements.

Exercise

In order to align the new collagen correctly with the existing ligament tissues, it is very important for the structure to heal in the presence of movement. As such, gentle walking is recommended after a treatment. This will protect the ligament from forming adhesions to neighboring structures and increase the correct formation of the new collagen. Depending on the location and extent of the treatment, returning to full activity after 1-3 weeks is normal.

Cost of Treatment

Standard prolotherapy rates are in the \$200-300 range. Please inquire about applying for non-profit participation. For those who qualify, due to our donations received, we are able to treat a set number of patients at a reduced rate. The number of visits per month and the exact rate can vary slightly, again depending on the current state of donations received. More donations means more discounts we can offer.

Participating

If you would like to participate in an upcoming Prolotherapy Pop-Up clinic, register to save your spot ahead of time and review the relevant forms and information either on the Santiam Community Health website (www.santiamhealth.org) or arrive 15 minutes early to review and fill out intake and consent forms. Treatment can cover one region of concern per visit (such as all injections indicated in a shoulder, knee, or low back). We try to accommodate walk-ins to the extent that the schedule allows.

Additional Questions?

See the website above, or our email is: santiamhealth@gmail.com

More on Dr. Angela: www.rosecityhealth.com