

# PROLOTHERAPY

**What is Prolotherapy ?**– It is an injection technique that is designed to stimulate healing and the laying down of new collagen in an area which may be slow to heal or have “stuck” in the granulation phase of normal healing. It is used to treat and strengthen sprained ligaments and strained tendons.

This means it may be used outright or as an adjunct to orthotic therapy as in the case of plantar fasciitis.

Other common ailments which can be treated include Achilles tendonosis or enthesitis, sprained ankle ligaments and virtually any lower limb ligament or tendon which is painful.

**What is used?** – A weak sterile solution of glucose and local anaesthetic (lignocaine or Citanest in most instances). No more than 2ml will be injected for your first treatment.

**Is it safe?** – Dr Tom Dorman in 1993 published results of a survey detailing some 500,000 treatments. There were nil fatalities and the few adverse effects were short lived and involved injections around the spine and ones which punctured the chest wall (all were given by medical doctors). There were no serious effects in the lower limb and there have been no reports since of any resulting from injections given by podiatrists who specialise in lower limb structure and function.

**Are there any risks?** – With any injection there is slight risk of infection, bruising or a reaction to the local anaesthetic (**you should always check lignocaine suitability with your GP**). There may be soreness in the area for the next 2 days, this is normal. Most of the time there is no adverse reaction beyond minor bruising at the site and due care, knowledge and skill of the practitioner will minimise these risks.

**Does it work?** – Yes it often does work although there are no 100% guarantees with any modern medical procedure or therapy. If for example your heel pain is caused by a collapsed arch, then an orthotic is required to prevent further damage and the prolotherapy can control the pain and fast track the healing. **When undertaking Prolotherapy you should take 1000-2000mg of a high quality Vitamin C & 25-30mg of a high quality Zinc supplement daily to expedite recovery.**

Links:

<http://www.drmtaylor.com.au/>

<http://www.rfkidd.com/prolotherapy.htm>

<http://www.podprolog.streamlinenettrial.co.uk/>