

PROLOTHERAPY

Is it the right treatment option for me?

Prolotherapy involves injections of a mild irritant into the injured part of your body. The injection contains saline, dextrose (a type of sugar), and lidocaine, which is a numbing agent. This solution causes a mild irritation in your body which initiates a healing response, and a cascade of events results in new, healthy cells. You're likely to feel less pain, have more strength and be able to move the injured joint better.

Prolotherapy is not the same as platelet-rich plasma injections or stem cell therapy. Both of those types of therapies are composed of elements obtained from your own blood.

Top conditions treated:

- Joint pain and instability/laxity
- Back and neck pain
- Whiplash
- Tendinitis
- Degenerative disc disease
- Achilles tendonitis
- Meniscal tears
- Tennis elbow
- Osteoarthritis in knee, finger or thumb joints
- IT band syndrome
- Temporomandibular joint (TMJ) disorder
- Rotator cuff tears
- Plantar fasciitis

A prolotherapy injection is performed by a pain specialist physician and requires a referral from your family physician. Ask your physiotherapist if this would be an appropriate treatment option to pursue.

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