

PROLOTHERAPY

&

NPT: NEURAL PROLOTHERAPY

WHAT IS IT?

Prolotherapy is Regenerative Therapy using injections around joints to strengthen ligaments and tendons after injury or overuse.

Neural Prolotherapy (NPT) is a regenerative and restorative treatment using subcutaneous (shallow) injections under the skin to promote healing of the cutaneous nerves where they emerge from constricted areas or are traumatized by friction.

WHAT IS IN THE INJECTIONS?

50% Dextrose (Sugar Water) and 1% Lidocaine

5% Dextrose (sugar) and sterile water.

HOW DOES IT WORK?

The irritant solution (above) creates a temporary, acute inflammatory response bringing white blood cells and growth factors to the injured area which then stimulates a healing response.

The sugar solution has been shown in immune reactive studies to cause instant repolarization of specific pain receptors (TRPV1). This effect stops pain caused by nerves in the skin.

WHAT KINDS OF CONDITIONS RESPOND TO THIS FORM OF TREATMENT?

Low back pain due to osteoarthritis, disc herniation, facet atrophy, and sacro-iliac joint instability

Knee problems such as PFS/Chondromalacia, chronic sprains/strains, osteoarthritis

Tennis Elbow

Shoulder problems including rotator cuff injuries, impingement, recurrent dislocations

Neck pain after whiplash, disc/facet issues

Chronic ankle weakness, recurrent sprains

Plantar fasciitis, heel spurs

Joint pain

TMJ pain

Headaches

Post herpetic neuralgia (chronic pain after shingles)

Trigeminal neuralgia

TMJ pain

Post surgical pain

Neck pain after whiplash or other traumatic injury where the nerves may have been stretched

All joint or extremity pain

Back pain

Groin and hip pain

Sometimes these injections are combined with deeper injections (prolotherapy) to achieve the best results for you. Dr. Woolford will be happy to discuss this with you on an individual basis.

TREATMENT CONSIDERATIONS:

Anti-inflammatories such as Celebrex, Aleve, Advil, ibuprofen, aspirin, steroids (Prednisone), and fish oils should be discontinued at least 7 days before the treatment.

Some patients experience an increase in pain/soreness for 24 to 48 hours after the injections followed by improvement.

If needed, Tylenol and topical ice may be used to help, but NO anti-inflammatories (as mentioned above) or fish oil for 2 weeks.

Unlike prolotherapy, NPT does not require you to be off anti-inflammatories prior to or after the treatment.

Most patients experience immediate improvement in their pain during the treatment. This effect lasts 1-4 days and longer as you have more treatments.

You may be prescribed a compounded cream with mannitol and Vitamin D to be applied between treatments or to help you finish your recovery and decrease number of treatments. Handheld ultrasound for home use may also be recommended.

HOW MANY TREATMENTS ARE REQUIRED & HOW OFTEN?

This is decided on an individual basis, but usually 1-5 with at least 3 weeks between each treatment.

In general 6-8 treatments given weekly-every 2 weeks but this is decided on an individual basis

WHAT IS THE COST OF TREATMENT?

This is decided individually as well depending on the area needing treatment, complexity, and time required but the range is \$180-\$400.

Prolotherapy & NPT are not covered by insurance