

# Patient Information from



## Dextrose Prolotherapy

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Non-Surgical Sports Medicine

Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine

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### **What is Dextrose Prolotherapy?**

Dextrose Prolotherapy is known as non-surgical ligament/tendon reconstruction. It is a permanent treatment for chronic musculoskeletal pain. Dextrose Prolotherapy is a mixture of dextrose and lidocaine that is injected into weak or injured ligaments, tendons, and joints. These injections cause temporary, low grade inflammation that stimulates the healing cascade.

### **How does Dextrose Prolotherapy work?**

When Dextrose Prolotherapy is injected into the damaged area, it stimulates the tendon or ligament to activate the healing cascade. As a result, new collagen begins to form in the injured tissue. As this collagen matures, it becomes stronger and tighter, and eventually allows the tendon or ligament to withstand the stress of daily and sports related activities.

### **What are the potential benefits Dextrose Prolotherapy?**

Patients can see a significant improvement in symptoms. This may eliminate the need for more aggressive treatments such as long term medication or surgery, as well as a remarkable return of function.

### **I've heard of cortisone shots. Is this the same thing?**

Studies have shown that cortisone injections may actually weaken tissue. Cortisone shots may provide temporary pain relief and stop inflammation, but they do not provide long term healing. Dextrose Prolotherapy heals and strengthens these tendons and ligaments.

### **What can be treated?**

Dextrose Prolotherapy injections can be performed in tendons, ligaments, and joints all over the body. Sports injuries, arthritic joints, and more specific injuries including tennis elbow, partial ACL tears, partial rotator cuff tears, plantar fasciitis, greater trochanteric bursitis of the hip, and Achilles tendinosis may all be effectively treated with Dextrose Prolotherapy. In addition, Dextrose Prolotherapy has been reported to decrease pain in osteoarthritis.

### **How many treatments are necessary and how often is this therapy administered?**

While response to treatment varies, most people will experience significant improvement in symptoms after only 1 treatment. Some patients require anywhere from 2 to 6 sets of injections. Each set of treatment is spaced approximately 4 to 6 weeks apart. There is no limit to the number of treatments you can have. The risks and side effects do not change with the number of injections.

**Call Dr. Taduran's office at 520-382-8200 to schedule an appointment or to learn more about this procedure.**

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## **Is Dextrose Prolotherapy right for me?**

If you have a tendon or ligament injury and traditional methods have not provided relief, then Dextrose Prolotherapy may be the solution. The procedure is less aggressive and less expensive than surgery. It will heal tissue with minimal or no scarring and prevent further degeneration of the tissues. There will be an initial evaluation with Dr. Taduran to see if Dextrose Prolotherapy is right for you.

## **Are there any special instructions?**

You are restricted from the use of non-steroid anti-inflammatory medications (NSAIDs) one week prior to the procedure and throughout the course of treatments. You must also be at least 3 months removed from cortisone injection and one week removed from oral corticosteroids. Initially, the procedure may cause some localized soreness and discomfort. Most patients only require some extra-strength Tylenol to help with the pain. Ice and heat may be applied to the area as needed. After the first week after the procedure, patients will typically start a rehabilitation program with physical therapy. However, aggressive physical activity is discouraged.

## **How soon can I go back to regular physical activities?**

Dextrose Prolotherapy helps regenerate tendons and ligaments but it is not a quick fix. This therapy stimulates the growth and repair of tendons and ligaments, and requires time and rehabilitation. Through regular visits, your doctor will determine when you are able to resume regular physical activities. On average, patients return to sports between 8 to 12 weeks after the Dextrose Prolotherapy injection.

## **Does insurance pay for Dextrose Prolotherapy?**

Most insurance companies do not cover the Dextrose Prolotherapy injections. However, most patients can use their healthcare flexible spending account to pay for the procedure.

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