

## PROLOTHERAPY AND PROLOZONE

### DESCRIPTION

Prolotherapy and Prolozone are considered regenerative treatments rather than simply for the relief of pain. In fact, forms of prolotherapy have been utilised over many decades. The solutions injected into the joints or around damaged ligament tissues traditionally contained some kind of proliferant agent that would stimulate local "good" inflammation which is nature's way of commencing a healing process. Most of these old proliferate chemicals are no longer used. Most doctor's now will use a very safe solution containing a strong glucose solution in saline with local anaesthetic. This may take a few extra treatments over time but is extremely safe.

In recent years, prolotherapy experts have introduced the addition of ozone gas sometimes on its own but generally administered straight after the prolotherapy solution itself.

### HOW IS IT DONE?

In the case of arthritis of the joints, the solution is injected directly into the joint often, but more importantly injected around the ligaments that have been weakened even torn resulting in a dysfunctional joint hence pain and instability. In time this generally leads to osteoarthritis. Prolotherapy/Prolozone is also very useful for the ligament strains and tears. The most common joints would be knees and shoulders.

### WHAT DO I FEEL?

Injections for some people do seem scary, Dr Reeder uses a technique which involves first applying a local surface freezing spray, and then gently inserting the needle towards the target. Local anaesthetic is also utilised.

There may be some discomfort when the local wears off but not much. Depending on the number of injections and the joint itself, there may be some stiffness, swelling or soreness for a day or two. Most people do not require any pain relief, but Panadol can be used. It is good to keep the joints moving afterwards but not excessively such as running or other sports for a few days.

**After-care:** If required, a heat pack can be applied to improve blood supply and reduce pain. There may be some swelling of a joint with increased discomfort. If the joint or local treated area becomes hot inflamed and swollen you must contact the clinic or your own doctor if Dr Reeder is unavailable. The concern here would be a secondary infection from bacteria circulating in the bloodstream. That would be extremely rare indeed.

### HOW MANY TREATMENTS TO I NEED?

This is entirely case dependent but remember it is a healing treatment and not Magic. Therefore, it could take several treatments 2-3 weeks apart to get benefits and perhaps even a 3-12 monthly repeat to keep the healing process active.

### WHAT IS THE SUCCESS RATE?

Most people who are having prolotherapy/ Prolozone have tried all other methods first, so they generally would be more advanced cases with the exception of recent sport or activity based injuries. We expect that well over 80% will get benefits from complete loss of pain in many cases, to acceptable and significant improvement. It is not fair to expect complete resolution with only 1 or 2 treatments for long-standing injuries or arthritis.

### DO I HAVE TO HAVE OZONE AS WELL?

Not necessarily as this has been a more recent addition to this regenerative treatment. I find it does improve outcomes and therefore tend to use it in most cases. Let staff know if you do not wish to have added ozone i.e. Prolozone.

### WHAT ARE THE COSTS?

This is entirely dependent on the number of areas requiring treatment.

### FEE GUIDELINES (WITH OR WITHOUT OZONE):

<b>Initial assessment</b>	\$110-210	15-30 minutes
The initial assessment may be followed by a first treatment if time.		
<b>Single knee</b>	\$160	
<b>Both knees</b>	\$220	
<b>Single shoulder ligaments</b>	\$160+	Depends if joint injection added
<b>Both shoulders</b>	\$220+	“ “
<b>Spine areas (Neck or Thoracic Low back )</b>	\$160	per area
<b>Ankle, wrists</b>	\$160	
<b>Small joints, ligaments</b>	\$85	per joint, ligament
<b>Platelet Rich Plasma (PRP)</b>	\$325-\$425	depends on joint

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## CONSENT AND WAIVER

Prolotherapy and Prolozone are not considered to be conventional treatments. It is assumed you have tried conventional treatments, medication, physical therapy and received advice from your regular medical practitioner and specialists.

For PRP (Platelet Rich Plasma) see separate explanation document.

If you have not done so and would like to discuss conventional options, please indicate this to Dr Reeder.

If you have decided that your preference is to trial Prolozone/Prolotherapy/PRP, please complete a consent form which is required under NZ medical guidelines.

Dr Reeder cannot guarantee success from this treatment, but it is offered with good intent as a safe and generally successful management for pain and degenerative conditions.

CONSENT FORM COMPLETED: YES / NO