

Prolotherapy



The solution to your pain!

Many people suffer from pain in their lower limbs. This pain may be caused by a current or previous injury, bruising of a tendon or ligament, arthritis development, overuse, strain, or simply from micro-repetitive trauma. Whatever the cause, the outcome is usually pain. When we experience pain, usually our only option is to rely on pain killers and rest to reduce the pain.

However, this is no longer your only solution. The WalkWell Clinic provides a new treatment for pain relief using Prolotherapy.

What is Prolotherapy?

Prolotherapy is a long-term and permanent treatment for chronic pain.

Prolotherapy is the name given to a technique that seeks to trigger inflammation in the body's tissues to stimulate healing. This in turn aims to repair the tissues and take away the pain.

Prolotherapy has been documented since 400BC, where burnings were performed to cause inflammation and thereby stimulate healing.

Often when ligaments, tendons or joints such as the knee, are damaged, the pain is merely managed - followed by undertaking a rehabilitation programme. However, the tendon, ligament or joint never truly heals or repairs itself, which can lead to repetitive injuries.

The theory behind Prolotherapy is for the tendon or ligament to completely heal, thereby reducing the risk of secondary and tertiary injuries occurring in the same place.



The Theory

In the case of a tendon:

A tendon is primarily made from connective tissue that contains many useful cells including collagen. Collagen gives the tendon strength, allowing it to adapt to many forces applied during every-day and sporting activities. When a tendon is injured, eg, during a sports activity, the collagen breaks down leaving the tendon weak and unable to support the joint or bone it attaches to. To enable the tendon to completely heal, the collagen needs to reform and continue to provide strength. Medication such as Paracetamol or Ibuprofen will not produce new collagen, nor will resting the area. Collagen is produced in the body by the body's own cells. New collagen is made from inflammatory cells in the body; if there is inflammation present, there is a chance for the body to make new collagen to repair the damaged tendon.

"Inflammation occurs when a tendon is damaged though."

This is true. A small amount of inflammation occurs when a tendon is damaged; however, it is often not sufficient. When people take Ibuprofen, this is to reduce the inflammation and the pain. If the inflammation is reduced, the healing process cannot be completed and increases the likelihood of secondary and tertiary injuries occurring.



“Just because the pain has subsided, does not mean that the tendon has completely healed.”

Prolotherapy stimulates inflammation to help produce new collagen and thereby enable the tendon to completely repair, thus preventing future injuries.

Where can Prolotherapy help?

- Knee pain (front, back, sides or underneath knee cap)
- Ankle pain
- Heel pain
- Morton’s Neuroma
- Bunion pain
- Arthritic knee or ankle joints
- Sports injury to lower limb
- Any painful ligament or tendon in the lower limb

What products are used?

A mixture of substances is used; mainly glucose (sugar), local anaesthetic, saline, Mannitol (sugar) and additional homeopathic agents.

The substances used are all natural products with the exception of the local anaesthetic.

The mixture of products will depend on the pain experience and the area on the lower limb.

What is the treatment process?

The area of pain is located and marked using a sterile marker pen. A brief history of the patient will be taken before the procedure is carried out.

The intensity of pain is distinguished using the Pain Analogue Scale which is a scale used to grade pain experienced.

If the pain is in or around the knee, a very small amount of anaesthetic is used to minimize discomfort. If the pain is in the heel, the foot will require full anaesthesia to allow a complete pain free procedure. The podiatrist will use the correct mixture for the area, this is then injected into the painful area to stimulate inflammation.

The normal procedure involves 3 single injections, one week apart. At each appointment, the results will be recorded to show evidence of healing and repair.

Three injections are the minimum number recommended. The podiatrist may advise up to 5 injections depending on the pain experience and the injury present.

Are there any side effects?

With the natural substances used, there have been no side effects reported.

As with any surgical procedure, the risk of infection cannot be entirely ruled out. At The WalkWell Clinic we endeavour to carry out all surgical procedures in a sterile environment.

For any further information on Prolotherapy please do not hesitate to contact us:

The WalkWell Clinic
22a Regent Street
Rugby
CV21 2PY

01788 537300

walkwellclinic@talktalkbusiness.net
www.walkwellclinic.co.uk
www.facebook.com/WalkwellClinic

Leamington Practice:

9 Guy Place East
Leamington Spa
CV32 4RG

01788 537300

David J Pinchen D Pod.M.M.Ch.S
Vicky M Morley BSc(Hons) Pod. M.Ch.S

HCPC Registered Podiatrists