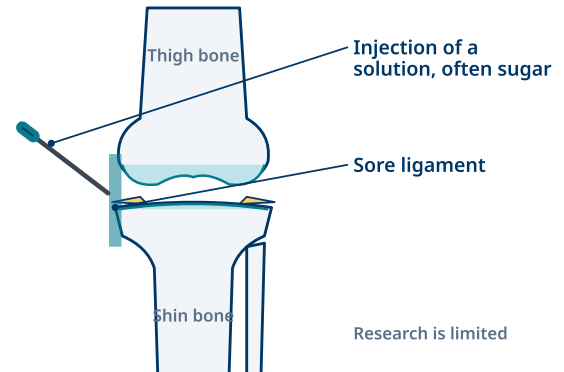


Prolotherapy

What it is

Prolotherapy injects a solution, often a sugar solution, into a sore ligament or tendon. The idea is to cause a mild healing response. Research is limited, and results vary.

This treatment is usually self-pay. It is not FDA-approved to treat a specific condition, and research is still evolving. No result can be promised. We give you a written cost estimate first.



Why it is done

- Selected chronic ligament or tendon pain
- Some osteoarthritis pain
- Patients who understand the limited evidence and costs

Self-care tips

- Follow your rest and activity plan closely.
- Ask before taking anti-inflammatory pain medicines, like ibuprofen. You may need to avoid them for a time.
- Ice may ease soreness, but ask us first.
- Results, if they come, may take weeks to show.

What to expect

Before: We talk about your goals and review your imaging. You get a written cost estimate before treatment.

During: You get a series of injections in the office into the sore ligament or tendon.

After: Rest the area as told, then slowly increase activity.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- Pain or swelling that keeps getting worse

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/prolotherapy/



Scan for the full web page

This handout is general information and is not a substitute for medical advice.