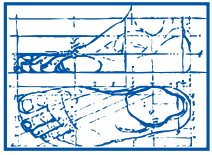


specialties



**ALEXANDRIA
PODIATRY
ASSOCIATES**

Dr. Jeffrey S. Coster
Dr. Jeffrey L. Graziano
Dr. Joonhyun Yoon
Dr. Monique Rolle
703-379-0700 (office)

PROLOTHERAPY

What is Prolotherapy?

Prolotherapy is an injection technique used to treat chronic, musculoskeletal pain. It works by stimulating the body's own healing process to repair injured or weakened tissues. New fibrous tissue is created, resulting in strengthening of the affected area.

What is contained in the injections and how they work?

Most commonly, the procedure involves the injection of a concentrated sugar solution and an anesthetic such as Xylocaine, but Dr. Wilhelm will tailor the selection of injection substance according to the patient's needs. (No steroids or cortisone is ever used.) This solution causes irritation and slight inflammation of the tissues. Your body naturally responds to this by mounting a repair process at that site, encouraging growth of new ligaments or tendon fibers, resulting in strengthening of the weakened structure. Additional treatments repeat this process, allowing a gradual buildup of tissue to restore the original strength to the area.

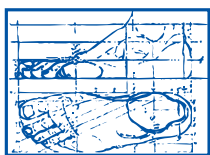
Which conditions are usually treated with this procedure?

Conditions that are amenable to treatment with proliferant therapy include chronic plantar fasciitis, heel spur pain, ankle pain, nerve pain, and chronic forms of foot and ankle arthritis. This can also be used in painful nerve syndromes including: Morton's neuroma and tarsal tunnel syndrome.

How many injections are required?

This varies according to the area that is injured. The injured area may require as little as 4 sessions (injections) or as many as 10 depending on the extent of injury and how well the patient responds. Each time the patient comes in for a session, multiple injections may be given depending on the area of treatment. Each session is usually spaced 2 to 3 weeks apart.

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How painful are the injections?

Most patients describe a tightness or mild pain to the injection site. This mild discomfort passes fairly rapidly and can be reduced with pain reliever such as Tylenol. Anti-inflammatory drugs, such as aspirin and ibuprofen, should not be used for pain relief post injection because of their action in suppressing the desired inflammatory process produced by the injection.

Are there any side effects?

Some bruising and a feeling of stiffness or soreness around the injection site are routine. Some patients report numbness over the injection site and occasionally tingling or itching. The symptoms are temporary.

Are there any risks to the procedure?

Any time a needle is placed into the body, there are risks of infection, bleeding, and injury to nerves. Dr. Wilhelm will make every attempt to minimize these risks and he has an excellent record of performing these procedures safely in our practice.

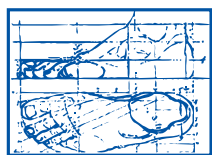
When will I see the benefits of Prolotherapy?

About one-third of all patients experience benefits right away with a stepwise improvement with each successive visit. Another one-third requires several injections before they begin to feel improvement. And the final one-third does not get improvement until the sessions are complete and some time has passed. The ability to do things such as stand, walk, and exercise (things that were not tolerable prior to treatment without bringing on their pain or worsening their pain) are all signs that the Prolotherapy has been successful.

What are my chances of improvement?

In our practice, 80 percent of patients treated report a good or excellent results, many of them being permanently cured of their problem or condition.

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Can I return to work or activity is the same day?

There is no requirement to rest or restrict activity in any way relative to what you usually do. Most people leave our office to return to their job or activities. Of course, this depends on the patient's individual preference.

Will my insurance cover proliferant injections?

Most insurance companies do not cover proliferative therapy. Their contract with you allows them to deny payment for things that they deem "investigational". There are some insurance companies that do pay for Prolotherapy. If insurance coverage is not available, most people find that the cost of proliferative therapy is well worth a substantial improvement in what has typically been a chronic painful and lifestyle limiting condition.

Links

www.prolotherapy.com

www.prolonews.com

www.mayoclinic.com/health/prolotherapy/AN01330