

The Effect of Prolotherapy for Joint Pain on Pain Control and Quality of Life Improvement - A six years Retrospective Comparative Observational Study in Allevio Pain Management Clinic

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Abstract Body

Prolotherapy is not a new treatment medicine. However, the results of prolotherapy at the effect of this intervention on the patient's quality of life and reduction of the total consumption of narcotic had not been appropriately shown in the past. This is a retrospective single center cohort study. Study population comprised of patients at Allevio Pain Management over a 6-year period.

Total number of patients was 246, 213 patients (86.6%) had pain in back due to sacro-iliac joints instability. The minimum sessions for treatment was 1 and maximum 7. Age distribution was 3.6% 20-29 years, 14.6% 30-39 years, 18.7% 40-49 years, 29.4% 50-59 years, 14.6% 60-69 years, 13.4% 70-79 years, 5.7% 80 years and older. Pain improvement was significant with a (P.V=0.000), and BPI has shown significant improvement with a (P.V=0.000). 99.5% of patients were satisfied with their pain control and management.

156 patients were not retired and 99 of them (63.5%) were able to go back to work after treatment.

92.6% of 68 patients who were taking narcotics to control their pain, had taking less narcotics (P.V=0.000). Among them 69.8% completely stop taking narcotics, 7.3% did not show any changes in narcotic consumption.

Only one patient had to visit the ER after the treatment due to excruciating pain.

Patients had statistically and clinically significant improvement in changes of mood, walking ability, normal daily work, and enjoyment of life, general activity, and decreased of consumption of analgesic medication including opioids. Image guidance improved accuracy, results and avoided complications.

References

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