

# The Effect of Prolotherapy for Joint Pain on Pain Control & Quality of Life Improvement - 6 Years Retrospective Observational Study

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## Introduction/Aim

Extra-articular elements such as ligamentous injuries and enthesopathy are likely the most frequent sources of joint dysfunction and potential hypermobility.

Prolotherapy is not a new treatment in medicine.

## Methods

This is a retrospective single center observational study of 266 patients who had been diagnosed with joint dysfunction and had prolotherapy from 2013–2018 in Allevio Pain Management.

This project has been conditionally approved by Veritas IRB Inc.

## Results

A total of 246 patients (186 females, 60 males) that underwent 2–7 prolotherapy sessions were recruited for this study. The mean age was 54.2 years. According to our data, at the time of prolotherapy, 156 (65.5%) of patients were in working age. From those 156 patients, 99 (63.4%) returned to work after intervention.

68 patients reported usage of narcotics before treatment (dosage 0.18–27 mg) a significant reduction in narcotic use after intervention was observed ( $p$ -value<0.001).

With respect to non-narcotic pain drugs, 84 (34.1%) patients reported a decrease in use, 49.2% reported no change a total of 178 patients (72.3%) had a reduction of 50% or more in at least one BPI item, and 100 patients (40.6%) had a reduction of 50% or more in all BPI items, which was statistically significant.

Using chiropractor or osteopath services which is common in SI joint dysfunction did not show any significant improvement.

## Discussion/Conclusions

This study had shown a statistically and clinically significant improvement in BPI, reduction in narcotic consumption, and return to work after treatment.

## Contact

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