

Short Commentary to the Prolotherapy as a Treatment Method of the Arthritis

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Prolotherapy for Arthritis

The authors performed a short review of the method prolotherapy. This treatment method, known also as proliferation therapy, is an injection based /hypertonic dextrose/ treatment used for a various painful and chronic musculoskeletal pain conditions. In the article the knee osteoarthritis, patellafemoral syndrome and osteoarthritis of carpometacarpal joints is mentioned. The others possible indications are tendinitis, low back pain. The principle of this method is application of the solution into the joint. Most commonly hyperosmolar dextrose, glycerine, lidocaine phenol and sodium morrhuate.

It is an interesting study and in my opinion it is suitable for publication, but there are some questions. What about the indications criteria for this method e.g. in knee osteoarthritis, which degree of arthrosis, contraindications e.g. anticoagulant medications, allergy to

used agent, infection. What about described side effects e.g. bleeding, irritation at the injection site, allergic reactions. What about mid and long term results of this method e.g. the X-ray changes of the treated joints? What is the optimal injection procedure?

The current opinion is, that prolotherapy is an experimental therapy, which can also conferred a positive beneficial effects in the treatment of above mentioned diseases. The long-term trials with uniform end points are needed to better elucidate the efficacy of prolotherapy.

In Czech Republic, the Czech society for orthopaedics and traumatology do not recommend similar methods /PRP, stem cells/ in the treatment of arthrosis of IIIrd and IVth degree. The analgetic effect of these procedures is only temporarily and treatment effect was not confirmed.