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The use of prolotherapy in the sacroiliac joint.

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Abstract

OBJECTIVE: In this study the effectiveness of **prolotherapy** in the treatment of deficient load transfer of the sacroiliac joint (SIJ) was determined.

DESIGN: A prospective descriptive study.

SETTING: Authors' private practice.

PARTICIPANTS: 25 patients who consented to treatment and attended for at least one follow-up visit and assessment.

STUDY PERIOD: From April 2004 to July 2007.

INTERVENTION: Three injections of hypertonic dextrose solution into the dorsal interosseous ligament of the affected SIJ, under CT control, 6 weeks apart.

MAIN OUTCOME MEASURES: Quebec **Back** Pain Disability Scale, Roland-Morris 24, Roland-Morris 24 Multiform questionnaires and clinical examination by two authors independently.

RESULTS: All patients included in this study attended at least one follow-up visit at 3, 12 or 24 months.. The number of patients at follow-up decreased at 12 and 24 months. Functional questionnaires demonstrated significant improvements for those followed-up at 3, 12 and 24 months ($p < 0.05$). Clinical scores showed significant improvement from commencement to 3, 12 and 24 months ($p < 0.001$).

CONCLUSIONS: This descriptive study of **prolotherapy** in private practice has shown positive clinical outcomes for the 76% of patients who attended the 3-month follow-up visit (76% at 12 months and 32% at 24 months). Similar results were found in the questionnaires (Quebec **Back** Pain Disability Scale, Roland-Morris 24 and Roland-Morris 24 Multiform questionnaires) at 3, 12 and 24 months.

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MeSH Terms, Substances

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