

ISRAPM 2011 CONGRESS

-Piriformis syndrome

Contraindications

There are some general contraindication for prolotherapy, that similar others for every injections such as allergy to anesthetic solutions, or bleeding diathesis, infections, and etc. But, the specific contraindications contain acute conditions (such as acute arthritis, acute bursitis, or tendinitis, acute non-reduced subluxations, or fractures) and allergy to prololiferant solutions (such as phenol, sodium morrhuate).

Prololiferant solutions

The injectable solutions that initiate the wound healing cascade have classified as follow:

- Irritants: which cause a direct chemical tissues injury that attracts granulocytes (such as phenol, tannic acid)
 - Osmotic shock agents : which cause bursting of cell membrane leading to local tissue damage (such as dextrose and glycerin _
 - Chemo – tactic agents :which directly attract the immune cells to the injured area (such as sodium morrhuate)
 - Particulates: that can attract macrophages to the sites.
 - Growth factors
- Usually injectates contain a mixture of local anesthetic with other solutions.

Side effects and complications

Prolotherapy like all invasive medical procedures carries complications, but statistically they are rare. Because prolotherapy causes inflammation, the patients often note some bruising, pain, stiffness, swelling, joint effusion, that typically late 1 – 7 days.