



Prolotherapy Injections

Prolotherapy Pricing

Initial Appointment

	Cost
(014) Long Podiatry Appointment	\$174
(985) Prolotherapy injection	\$65
TOTAL	\$239

Subsequent Appointment

	Cost
(012) Standard Podiatry Appointment	\$87
Prolotherapy injection	\$65
TOTAL	\$152

What is Prolotherapy?

Prolotherapy is a combination of local anaesthetic and glucose injected into injured joints, ligaments and tendons.

Prolo = Growth

Prolotherapy involves injecting the solution to stimulate the natural inflammatory process that encourages:

●
Tissue repair

●
Pain reduction

●
Increased strength

Prolotherapy injections are best used in conjunction with other treatments including strengthening exercises, taping and orthotics.



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Treatment Process

Multiple injections (3-5) are needed every 2 weeks depending on the injury.

Conditions it can help with include:

- Chronic ankle injuries
- Ankle osteoarthritis
- Painful knee osteoarthritis
- Patellofemoral pain syndrome
- Chronic plantar fasciitis
- Achilles tendinopathy

After Treatment

It is common to have some pain and swelling after Prolotherapy treatment. It is best to avoid high impact activities for one week following the treatment.



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About the Treatment

Prolotherapy injections are used for injured joints and connective tissue.

The aim is to accelerate the healing process in a specific targeted area, usually the injury site which triggers the body's healing response.

This leads to the growth of new, healthy ligaments or tendon fibres or modifies nerve fibres.

As a result, less pain, stiffness, and improved strength, function and mobility of the area is achieved.

Because prolotherapy stimulates growth of tissue, it is most effective on chronic conditions which have been present for long periods of time.

