

THE POSSIBLE HEALING EFFECT OF PROLOTHERAPY IN TREATMENT OF KNEE OSTEOARTHRITIS

Protocol of a thesis submitted for partial fulfillment of the requirements of the MD
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INTRODUCED BY

Dina Mohamed Ibrahim Soliman

M.B., B.CH. (honor degree),
M.Sc. Physical Medicine, Rheumatology and Rehabilitation
Faculty of Medicine, Ain Shams University

UNDER SUPERVISION OF

Professor Doctor Nahed Mounir Sherif

Professor and Head of the Department of Physical Medicine, Rheumatology and
Rehabilitation
Faculty of Medicine, Ain Shams University

Professor Doctor Omar Hussein Omar

Professor of Radiology
Faculty of Medicine, Ain Shams University

Assistant Professor Doctor Abeer Ahmed Kadry El-Zohiery

Assistant Professor of Physical Medicine, Rheumatology and Rehabilitation
Faculty of Medicine, Ain Shams University

**Faculty of Medicine, Ain Shams university
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بسم الله الرحمن الرحيم

فَعَلَى اللَّهِ الْمَلِكُ الْحَقُّ وَلَا تَعْجَلْ بِالْقُرْآنِ مِنْ قَبْلِ أَنْ يُقْضَىٰ

إِلَيْكَ وَحْيُهُ وَقُلْ رَبِّ زِدْنِي عِلْمًا ﴿١١٤﴾

صدق الله العظيم

{ سورة طه } الجزء السادس عشر

The Healing Effects of Prolotherapy in Treatment of Knee Osteoarthritis

Nahed Mounir Sherif*, Omar Hussein Omar**, Abeer K .El Zohiery* & Dina Soliman*

**Department of Physical Medicine, Rheumatology and Rehabilitation, Ain Shams University.*

***Department of Radiology, Ain Shams University. Cairo, Egypt.*

CORRESPONDING AUTHOR Dina Mohamed Ibrahim Soliman, M.B., B.CH. (honor degree), M.Sc. Physical Medicine, Rheumatology and Rehabilitation. Faculty of Medicine, Ain Shams University. Member of American Association of Orthopedic Medicine “AAOM”.
dr.dinasoliman@gamil.com

ABSTRACT

PURPOSE Knee Osteoarthritis is one of the most common causes of musculoskeletal pain and disability affecting millions of people worldwide ,with no solitary effective line of treatment . Prolotherapy is a proposed injection therapy for chronic musculoskeletal pain. The aim of our study is to assess the efficacy of prolotherapy for knee osteoarthritis.

METHODS One hundred and twenty eight adults with knee OA, adjusted for gender and age, were enrolled in the study . One hundred and four were subjected to dextrose prolotherapy (group “I”) and twenty four received physiotherapy treatment (group “II”). Post-procedure application of hot packs and use of acetaminophen medication in order to decrease the post injections pain. Patients were assessed clinically, functionally and radiologically at the beginning and at the end of the study (12 months).

RESULTS Group “I” patients reported at month 12 a clinical improvement, knee pain improvement (VAS), knee function improvement (WOMAC scores) and radiological improvement (plain x-rays and musculoskeletal ultrasound), compared with baseline status ($P \leq 0.001$) and compared to group “II”.

CONCLUSIONS Prolotherapy resulted in clinically meaningful sustained improvement, knee function improvement as well as a radiological improvement for knee osteoarthritis compared with physiotherapy.

Key Words Prolotherapy, knee osteoarthritis, ligaments and tendons, neural prolotherapy, musculoskeletal ultrasound, knee plain x-rays.

The background of the entire page is a decorative collage. It features brown, swirling vine-like patterns that curve across the top and left sides. Interspersed among these are soft, pastel-colored circles in shades of yellow, light blue, and pink. Several small, brown butterflies are scattered throughout the design. At the top, a horizontal line serves as a perch for a group of black birds; three are clustered together on the left, and several others are spaced out towards the right.

TO MY FAMILY

*TO MY BELOVED HUSBAND
FOR THEIR CONTINUOUS HELP
AND SUPPORT THROUGHOUT
ALL THESE YEARS...*

*TO THE SOUL OF MY GREAT
INSTRUCTOR PROFESSOR
DOCTOR JEFFERY PATTERSON
I DEDICATE THIS WORK...*

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