

Injection Therapy

What is Injection Therapy?

When a person injures their foot, the injured foot tissue releases substances that attract the immune system to the injured area.

Injection therapy, known as Prolotherapy is the process in which our podiatrists inject a solution (usually local anaesthetic) into the injured area which then attract the immune system cells. This stimulates a healing response from the body, involving increased blood flow to the area, regenerating the injured structures in both strength and function. Tiny carpenter cells help build collagen, which are the cells that make up the ligaments, tendons and joints. The sooner this occurs, the patient is able to resume normal activities without pain or limitation.



When is Injection Therapy used?

Commonly used at Highett Podiatry in the treatment of:

- Neuromas
- Intermetatarsal Bursitis
- Plantar Fasciitis (Heel Pain)

Prolotherapy Procedure

The treatment plan for all injuries is to treat the cause and remove mechanical load from an injury if possible. Most injuries will respond to conservative treatment. If this treatment fails or is slow then Prolotherapy may be considered if appropriate for the patient.



Fact Sheet

Injection Therapy

Highbett Podiatry specialises in safe delivery of injections. The clinic uses techniques that make most injections comfortable or tolerable. We take the following procedure for this treatment:

1. Painful areas or weak ligaments located and marked
2. Areas numbered with local anaesthetic
3. Prolotherapy performed
4. Repeat injections performed every 1-3 weeks
5. Anywhere from 2-6 treatments may be necessary depending on the area or level of pain.

What happens after the injection?

Immediately following the injection the area will feel numb due to the fact the injection contains some local anaesthetic. When the anaesthetic wears off there is likely to be some pain in the area for 2-3 days, resulting from the intended inflammation created by the injection.

How long does it take to work?

Ligaments and tendons generally take approximately 3 months from the commencement of an inflammatory response to repair and remodel.



Highett
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ALWAYS CONSULT A TRAINED PROFESSIONAL

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