

Prolotherapy injections for chronic low-back pain (2010)

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COCHRANE BACK REVIEW GROUP
The best evidence in back and neck pain care



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Overview of the study

Objectives

- To determine the efficacy of prolotherapy in adults with chronic low-back pain

Methods

- Evidence current up to 29 July 2009
- Participants: Adults (aged 18 years and over) with a history of non-specific low-back pain longer than three months
- Intervention: Prolotherapy
- Outcomes measured: Low-back pain, low-back-related disability, overall improvement or satisfaction with treatment, well-being, return-to work, physical examination, and side effects

Results & Conclusion

- Five trials (total 366 participants) included.

Treatment	Evidence	Quality of evidence
Prolotherapy injections	No more effective than control injection for chronic low-back pain and disability	High
	Prolotherapy injections, given with spinal manipulation, exercise, and other therapies, are more effective than control injections for chronic low-back pain and disability	High

⇒ There is conflicting evidence that prolotherapy alone is not an effective treatment for chronic low-back pain but it may improve chronic low-back pain and disability when combined with spinal manipulation, exercise, and other co-interventions.