

## Effectiveness of prolotherapy injections for chronic low-back pain uncertain

<b>Clinical question</b>	Are prolotherapy injections for chronic low-back pain effective?
<b>Bottom line</b>	The evidence is conflicting. When used alone prolotherapy is not an effective treatment. When combined with spinal manipulation, exercise, and other co-interventions, prolotherapy may improve chronic low-back pain and disability (NNT=3).
<b>Caveat</b>	Co-interventions confounded interpretation of results and clinical heterogeneity in the trials prevented pooling of results. Minor side-effects such as increased back pain and stiffness were common but short-lived.
<b>Context</b>	Prolotherapy injections involve repeatedly injecting ligaments with compounds such as dextrose and lidocaine to help restart the body's natural healing process by causing controlled acute inflammation in the areas injected.
<b>Cochrane Systematic Review</b>	Dagenais S et al. <b>Prolotherapy injections for chronic low-back pain</b> . Cochrane Reviews 2007, Issue 1.
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