

PROLOTERAPİ

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3.A PROLOTERAPİ NEDİR?

GİRİŞ

Proloterapi, ‘proliferan’ veya ‘sklerozan’ olarak adlandırılan irritan solüsyonların normal hücre ve doku büyümesini uyarmak amacıyla hasarlı veya dejenere olmuş tendon veya ligamentlerin yapışma bölgelerine (entezis) uygulandığı enjeksiyonları içeren bir tedavi yöntemidir. Bu yöntem kas iskelet sistemi kaynaklı ağrıların tedavisinde 80 yıldan uzun süredir kullanılmaktadır. Proloterapi’nin kas iskelet sistemi sorunlarında kullanımı, ağrının ligamentlerdeki zayıflama sonucu ortaya çıkan relaksasyona bağlı olduğu ve bu ligamentlerin tahriş edici, hücre proliferasyonunu uyarıcı solüsyonların enjeksiyonları ile güçlendirilebileceği düşününcesine dayandırılmaktadır.

İrritan solüsyonların enjeksiyonları sonrasında tendon ve ligamentlerde fibroblast hiperplazisi, hücre proliferasyonu, kollojen lif çapında artış gibi histolojik yapısal değişiklikler gözlenmektedir. Histolojik değişimlerin yanısıra tendon ve ligament gücünde artış da gözlenmektedir. Bu etki, yara iyileşme mekanizmasının tetiklenmesine bağlı oluşmaktadır. Proloterapide kullanılan ve ‘proliferan’ veya ‘sklerozan’ olarak adlandırılan solüsyonların, temel etki mekanizmalarının ligament enjeksiyonları sonrasında yara iyileşmesi mekanizmasını tetikleyerek fibroblast proliferasyonunu ve kollajen sentezini arttırmaları olduğu düşünülmektedir. Bu şekilde tendonların ve ligamentlerin güç ve kalınlıkları artmakta, böylece laksite olan eklemlerde stabilite sağlanabilmektedir.

akut hasarlanma doğal olarak ya da proloterapi yardımıyla iyileşebilirken, kronik hasarlanma rezidüel efektif akut inflamatuvar iyileşme cevabından yoksundur. Kronik hasarlanma sürecinde entezis dokusunda lenfosit infiltrasyonu baskındır ve doğal olarak etkili bir iyileşme gerçekleşmemektedir. Proloterapi enjeksiyonları akut yaralanmada olduğu gibi kronik yaralanmalarda da doğal yara iyileşme mekanizmasını tetikleyerek iyileşme sürecini başlatmaktadır.

Günümüzde proloterapi enjeksiyonları kas iskelet sistemi sorunlarında yaygın olarak kullanılan ve popüleritesi giderek artmakta olan konservatif bir tedavi yöntemidir. Proloterapi enjeksiyonlarının kas iskelet sistemi üzerindeki etkilerinin daha net bir şekilde ortaya konulabilmesi ve proliferan solüsyonların etkilerinin daha ayrıntılı bir şekilde gözlemlenebilmesi için daha fazla bilimsel çalışmaya gereksinim olduğu da bir gerçektir.

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