

3.B KAS İSKELET SİSTEMİ AĞRILARINDA PROLOTERAPİ UYGULAMALARI

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GİRİŞ

Proloterapi, kas iskelet sistemi kaynaklı ağruların tedavisinde 80 yıldan uzun süredir kullanılan, tendon ve ligament enjeksiyonlarını içeren rejeneratif bir tedavi yöntemidir.

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 düşüncesine dayandırılmaktadır. Proloterapi enjeksiyonları ile ligament laksitesi tedavi edilerek buna bağlı oluşmuş olan kas iskelet sistemi sorunlarının tedavisi hedeflenmektedir.

Proloterapi enjeksiyonlarının lateral epikondilit, kronik mekanik bel ağrısı, osteoartrit, kronik eklem ağrıları, dirençli tendinopatiler gibi kronik kas iskelet sistemi sorunları üzerinde etkinliğinin araştırıldığı çalışmaların artması ile birlikte bu enjeksiyon yönteminin popüleritesi son dönemde giderek artmaktadır. ⁽¹⁾

KAS İSKELET SİSTEMİ AĞRILARINDA PROLOTERAPİ ENJEKSİYONLARI

Proloterapi enjeksiyonları, günümüzde kas iskelet sistemi kaynaklı ağruların tedavisinde giderek artan yaygınlıkta kullanılan rejeneratif bir tedavi yöntemidir.

⁽¹⁾ Proloterapi, aynı zamanda menisküs yırtıkları, osteoartrit, rotator kuff tendinopatileri, çapraz bağ yaralanmaları, labrum yırtıkları gibi birçok kas iskelet sistemi patolojisinde cerrahiye alternatif olabilen konservatif bir tedavi yöntemidir.

Eklem yaralanmalarında ve kronik kas iskelet sistemi ağrılarında eklemden instabilite oluşumunun önlenmesi tedavide önemli bir yer tutmaktadır. Komplet tendon ve ligament yırtıklarında cerrahi tedavi planlanırken kısmi yırtıklarda ve tendinit, tendinozis, entesopati gibi sorunlarda öncelikle proloterapi gibi konservatif tedavi yöntemleri uygulanmaktadır.

DİZ AĞRISINDA PROLOTERAPİ ENJEKSİYONLARI

Diz ekleminde yüksek şiddetli anlık yaralanmalara veya düşük şiddetli tekrarlayan yaralanmalara bağlı oluşan tendon ve ligament hasarlanmaları ve bunun sonucunda oluşan laksite-instabilite diz ağrısının en sık ve en önemli nedenidir. Diz

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