

Webinar on

# OSTEOPOROSIS, ARTHRITIS AND MUSCULOSKELETAL DISORDERS

June 15, 2022 | Webinar



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Received date: 19-01-2022 | Accepted date: 21-01-2022 | Published date: 15-06-2022

### Regenerative non-surgical therapy in post-traumatic knee lesion of the medial collateral ligament using a natural regenerative solution (Prolotherapy)

Prolotherapy is a non-surgical injection therapy in regeneration medicine. Any acute trauma to the knee ligaments in the acute phase needs rest and immobilization. The healing curve can improve dramatically using Prolotherapy. All weak ligaments in the chronic healing phase may not heal well and cause a secondary weak joint. This can become a chronic pain syndrome because there is a less functional knee joint. Prolotherapy to the damaged connective tissue can accelerate healing and blood supply to regenerate the damaged tissue and increase the joint function. The objective in this presentation is to show how important it is to understand why joints become degenerative caused by weak ligaments and how we can correct this degenerative process by treating the connective tissues to strengthen the ligaments. The ligaments are the structure that have been forgotten and are so important in joint stability. Once the ligaments are treated with prolotherapy injection therapy using dextrose, the bio-tensegrity of the joint will function better. In conclusion, prolotherapy is a very safe, effective and easy treatment to improve the joint function, reduce pain, avoid surgery and to give the patient a better quality of life.



**Recent Publications:**

- Rabago D, Patterson JJ, Mundt M, et al.; Dextrose prolotherapy for knee osteoarthritis: A randomized controlled trial; Ann Fam Med; 11(3):229-237; 2013
- Rabago D, Mundt M, Zgierska A, et al.; Hypertonic dextrose injection (Prolotherapy) for knee osteoarthritis: Long term outcomes; Comp Ther in Med; 23: 388–395;2015
- Rabago D, van Leuven L, Benes L, et al.; Qualitative assessment of patients receiving prolotherapy for knee osteoarthritis in a multi-method study; J Alt and Comp Med; 2016
- Sit RWS, Chung VCH, Reeves KD, et al. Hypertonic dextrose injections (prolotherapy) in the treatment of symptomatic knee osteoarthritis: A systematic review and meta-analysis. Scientific Reports. 2016;6(epub).
- Chondrogenic Effect of Intra-articular Hypertonic-Dextrose (Prolotherapy) in Severe Knee Osteoarthritis.  
Topol GA1, Podesta LA2, Reeves KD3, Giraldo MM4, Johnson LL5, Grasso R6, Jamín A7, Clark T8, Rabago D9.

**Biography**

Stephen Cavallino – Board Certified in Emergency Medicine in Italy - I have been involved in regenerative medicine for more than 20 years. I am now the Director of the European School of Prolotherapy in Italy. I participate in many different voluntary Prolotherapy Missions worldwide. My time is focused on helping people that have MSK problems and their pain by understand the cause of pain and treating the structure in orthopedic medicine to improve their quality of life.

I am a member of the Hackett Hemwall Patterson Foundation (HHPF) in Wisconsin, USA and I am the Vice-President of the Italian Association of Prolotherapy (SIPRO) since 2003. Prolotherapy has grown now throughout Europe because I dedicated many years of teaching prolotherapy with the help of many clinical instructors from the SIPRO and HHPF. Currently I am a Clinical Instructor for Prolotherapy and Neuroprolotherapy (Perineural Injection Treatment) [www.proloterapia.it](http://www.proloterapia.it), [www.proloterapia.eu](http://www.proloterapia.eu).

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