

New research may provide effective nonsurgical treatment for knee osteoarthritis

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A new nonsurgical approach to treating chronic pain and stiffness associated with knee osteoarthritis has demonstrated significant, lasting improvement in knee pain, function, and stiffness. This safe, two-solution treatment delivered in a series of injections into and around the

knee joint is called prolotherapy, and is described in *The Journal of Alternative and Complementary Medicine*.

David Rabago, MD, and a team of researchers from the University of Wisconsin School of Medicine and Public Health, and Meriter Health Services, Madison, WI, report substantial improvement among participants in the one-year study who received at least three of the two-solution injections. Symptom improvement ranged from 19.5-42.9% compared to baseline status.

As described in the article "[Dextrose and Morrhuate Sodium Injections \(Prolotherapy\) for Knee Osteoarthritis: A Prospective Open-Label Trial](#)", reported improvement in [knee pain](#), function, and stiffness scores exceeded the minimum for a "clinically important difference" in 50-75% of patients.

More information: The article is available free on *The Journal of Alternative and Complementary Medicine* [website](#).

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