**Evidence-Based Practice Group Answers to Clinical Questions**

# "Prolotherapy as Treatment for Chronic Knee Pain"

## A Rapid Systematic Review


By

**WorkSafeBC Evidence-Based Practice Group**

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**Clinical Services – Worker and Employer Services**

# About this report

# Prolotherapy as Treatment for Chronic Knee Pain

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### About the Evidence-Based Practice Group

The Evidence-Based Practice Group was established to address the many medical and policy issues that WorkSafeBC officers deal with on a regular basis. Members apply established techniques of critical appraisal and evidence-based review of topics solicited from both WorkSafeBC staff and other interested parties such as surgeons, medical specialists, and rehabilitation providers.

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# Objective

To determine whether there is any evidence to support the efficacy and/or effectiveness of Prolotherapy as treatment for chronic knee pain.

# Methods

- A comprehensive systematic literature search was conducted on November 28, 2017
- The literature search was conducted on commercial medical literature databases, including Cochrane Database of Systematic Reviews® (from 2005 to November 22, 2017), ACP Journal Club® (from 1991 to November 2017), UK York University Database of Abstracts of Reviews of Effects® (1st Quarter 2016), Cochrane Central Register of Controlled Trials® (November 2017), UK NHS Health Technology Assessment® (4th Quarter 2016), UK NHS Economic Evaluation Database® (1st Quarter 2016), BIOSIS Previews® (from 1969 to 2008), Embase® (from 1974 to 2017 November 27), Medline Epub Ahead of Print®, Medline In-Process & Other Non-Indexed Citations®, Medline Daily Update® and Medline® (from 1946 to Present), that are available through the Ovid® platform.
- The search was done by employing combinations of keywords, as follows:
  1. ((ligament **ADJ** sclerotherapy) **OR** (regenerative **ADJ** injection **ADJ** therapy) **OR** (nonsurgical **ADJ** ligament **ADJ** reconstruction) **OR** (proliferation **ADJ** therapy) **OR** prolotherapy) **AND** (chronic **ADJ** knee **ADJ** pain)
     - No published study was identified through this search
  2. ((ligament **ADJ** sclerotherapy) **OR** (regenerative **ADJ** injection **ADJ** therapy) **OR** (nonsurgical **ADJ** ligament **ADJ** reconstruction) **OR** (proliferation **ADJ** therapy) **OR** prolotherapy) **AND** (knee **ADJ** pain)
     - Twenty four[1-24] published studies were identified through this search
- No limitations, such as on the language and/or date of publication, were employed in any of these searches.

# Results

- Examination of the titles and abstracts of the 24[1-24] published studies identified show that none of the studies were relevant to the objective of this systematic review.

# Summary


- At present, there is no published study investigating the efficacy and/or effectiveness of prolotherapy as treatment for knee pain or chronic knee pain.

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# Appendix 1

## WorkSafeBC - Evidence-Based Practice Group Levels of Evidence

**(adapted from 1,2,3,4)**

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| **1** | Evidence from at least 1 properly randomized controlled trial (RCT) or systematic review of RCTs. |
| **2** | Evidence from well-designed controlled trials without randomization or systematic reviews of observational studies. |
| **3** | Evidence from well-designed cohort or case-control analytic studies, preferably from more than 1 centre or research group. |
| **4** | Evidence from comparisons between times or places with or without the intervention. Dramatic results in uncontrolled |
| **5** | Opinions of respected authorities, based on clinical experience, descriptive studies or reports of expert committees. |

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