

Combined treatment of chondropathies with ozone, hyaluronic acid and platelet rich plasma: clinical experience.

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ABSTRACT

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Chondropathies are among the most frequent and disabling conditions of chronic joint disease. Generally, chondropathies are first treated with drugs and physiotherapy, but their progress often requires the implantation of a prosthesis.

The combined treatment with ozone, hyaluronic acid and platelet rich plasma (PRP) I set up allows achieving excellent results in terms of joint functional restoration and benefit duration. In particular, using an appropriate protocol, the local application of oxygen-ozone (intra- and extra-articular), low-molecular weight hyaluronic acid and PRP induces the stabilization of the degenerative process, likely due to the synergistic interaction of the three therapeutic substances. In addition, the local combined therapy is always associated with both a systemic treatment with oxygen-ozone (via the venous or rectal route) and a rehabilitation therapy. As a whole, this therapeutic approach leads to a gradual disappearance of pain and to the resumption of the joint functional activity, with a consequent improvement of the patient's quality of life.

In my personal case histories, the success rate of this treatment for chondropathies is very high, also thanks to the possibility of maintaining for long time the benefits by means of boosters (maintenance therapy). Moreover, it is worth noting that no side effect may occur after this combined treatment, which can be repeatedly administered to patients with comorbidity and/or taking drugs