

# The beginnings of injectable collagen therapy in Poland

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Mesotherapy is a minimally invasive medical technique involving multi-point microinjection of drugs, medical devices and other preparations administered by injection. The origins of mesotherapy date back to 1844. The first article on mesotherapy was published in 1958 by Michael Pistor. The first Polish publication on mesotherapy was published in 2018 by Brygida Kwiatkowska and Maria Maślińska. Injection collagen therapy has been used in the world for over 20 years, and in Poland for over 10 years. Injection collagen therapy is used in various pathologies of the musculoskeletal system, including the mesotherapy technique. It is mainly used for spinal pain syndrome and degenerative joint disease. The use of injection collagen therapy, its effectiveness and safety are confirmed by numerous studies, just like the mesotherapy technique.

Currently, in Poland, the technique of mesotherapy is in the program for specialization in rheumatology. This form of therapy is used by an increasing number of doctors in Poland, which is due to, among other things, its effectiveness and safety.

## References

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