

## The role of injectable collagen therapy in the three-stage treatment concept

Kamil Koszela

Department of Neuroorthopedics and Neurology Clinic and Polyclinic, National Institute of Geriatrics, Rheumatology and Rehabilitation, Warsaw, Poland

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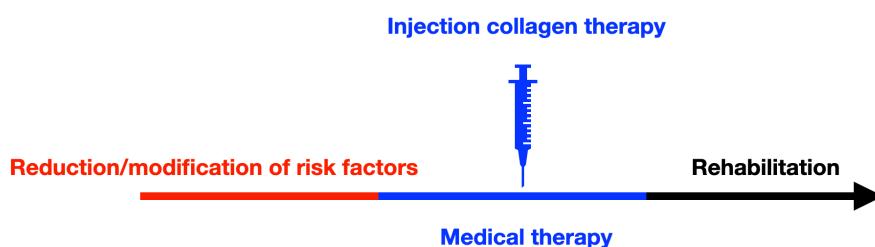
Injection collagen therapy is a new therapeutic tool in medicine. Various injection techniques are used, from mesotherapy (local intradermal therapy – LIT), intra-muscular injections to intra-articular injections. Based on the conducted researches, this method seems to be effective and safe. This therapy is used in pathologies of the musculoskeletal system (degenerative disease, enthesopathies, tendinopathies and others). In addition, collagen injection therapy is used in spinal pathologies, especially those of a myofascial pain syndrome (MPS). However, as a tool alone it may not be sufficient. Therefore, in relation to the three-stage treatment concept it may prove to be more effective. The three-stage concept of treating pathologies of the musculoskeletal system consists of:

- assessment of risk factors, their reduction and/or modification,
- implementation of targeted medical therapy, in this case collagen injection therapy, and then
- implementation of targeted rehabilitation at the appropriate time.

Injection collagen therapy activates repair mechanisms. It restores the correct tension in the soft tissues (muscles, fascia, ligaments), which are often subject to increased tension in the course of various pathologies of the musculoskeletal system. As a result, mobility improves and pain is reduced. Based on clinical experience to date, this regimen provides satisfactory results. However, further researches are required.

### References

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**Fig. 1.** Three-stage treatment concept diagram.