

## Injection collagen therapy in combination with other therapies – how and why?

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**Key words:** hyaluronic acid therapy, platelet rich plasma (PRP), steroid injection

Injection collagen therapy is very often used as monotherapy in the course of various pathologies, including pathologies of the musculoskeletal system. In the treatment of musculoskeletal system pathologies, the following are also used: glucocorticosteroid (GC) therapy and platelet rich plasma (PRP) applied intra-articularly and peri-articularly, as well as hyaluronic acid therapy, mainly applied intra-articularly. The use of injectable collagen therapy is two-way:

- GC or PRP or hyaluronic acid are administered intra-articularly, and collagen therapy is used peri-articularly, i.e. different products in different areas, and
- GC and collagen or PRP and collagen, hyaluronic acid and collagen are used, e.g. intra-articularly, i.e. different products in one area.

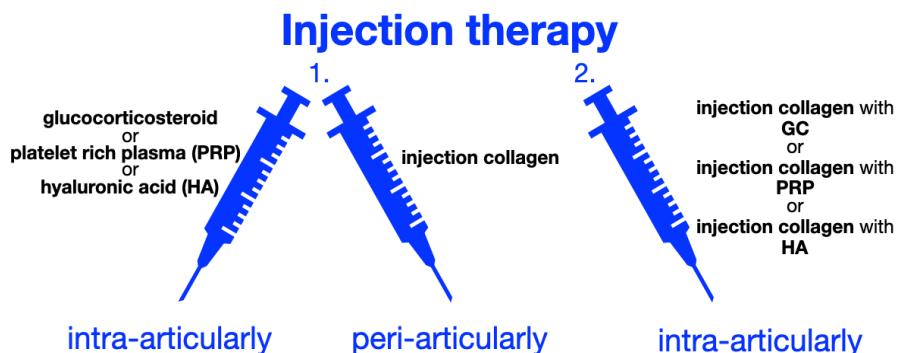
Such injection regimens are often used in medical practice. It should be remembered that GC therapy is associated with side effects, especially in the group of geriatric patients with hypertension and diabetes. This allows for the use of lower doses of GCs in combination

with injectable collagen with good therapeutic effect, especially in patients at risk.

There are more and more studies in the literature showing the efficacy and safety of injectable collagen therapy used alone or in combination with other preparations. However, this topic requires further prospective and observational studies.

### References

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**Fig. 1.** Different injection methods in musculoskeletal pathologies.

GC – glucocorticosteroid, HA – hyaluronic acid, PRP – platelet-rich plasma.