

OZONE TREATMENT PROTOCOL FOR SHOULDER, ELBOW, WRIST, TRIGGER POINTS, AND TEMPOROMANDIBULAR PATHOLOGY

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Nota Bene: The protocols are working guidelines that AEPROMO puts at the disposition of its members, expecting that they will be references in the daily medical work whenever ozone therapy is used on patients.

It shall correspond to the health professional (physician, dentist, veterinarian, podiatrist in the areas for which their profession and current legislation allows it) to whom compete, with their studies, knowledge and experience to assume professionally how to apply ozone therapy to their patients. Although these protocols are referents and guidelines for its members AEPROMO invites them to base their daily practice on these protocols.

The protocols are based on the Madrid Declaration Ozone Therapy, ISCO3, 2nd. ed., 2015, 50 pages.
<http://aepromo.org/en/madrid-declaration-on-ozone-therapy-2nd-edition/>

The content of the protocols and the items that they cover are subject of improvement based on the medical experience and scientific investigation. AEPROMO calls all its members to help to improve the protocols with their contributions, suggestions, experience and knowledge.

Intraarticular

Material:

- Local Anesthetics. Procaine 2% make a papule or Chloretilo.
- Subcutaneous puncture with a 30G needle. Optional

Treatment scheme:

Shoulder joint:

- Concentration of 10-20 µg/Nml,
- Volume: 10mL
- Needle: 22G x 1 ½"
- Frequency: 3 sessions per week.

Elbow or wrist joint:

- Concentration of 10-15 µg/Nml,
- Volume: 3-5mL
- Needle: 27G x 1 ½"
- Frequency: 3 per week.

TEMPOROMANDIBULAR JOINT

Draw an imaginary line between tragus of the ear and external eye border, 1 cm in front of tragus; puncture 3 mm below the imaginary line.

Volume: 2mL

Concentration: 10 µg/Nml

Needle: 30G ½” or 27G ¾”

Frequency: twice a week.

Rectal route

(To obtain better results it may be combined with this systemic route)

Week of Treatment	O3 Concentration (µg/NmL)	O3 Volume (mL)	Doses (mg)
First	15	100	1.5
Second	30	120	3.6
Third	35	150	5.2
Fourth	35	150	5.2

Daily frequency, 20 sessions, repeat cycle each 3 months .

TRIGGER POINTS PROTOCOL

Material:

It is preferable the use of a 30G needle.

Localization:

- Trigger points.
- Painful points.
- Acupuncture points or immediately adjacent.

Scheme of treatment:

- Always inject very slowly, like small beats.
- Administer medical ozone in concentration of 10-15 µg/Nml, infiltrate volume of 0.5-1mL. Sessions: 2 per week.
- Always apply a little massage to the treated area.

Rectal route

(To obtain better results it may be combined with this systemic route)

Week of Treatment	O3 Concentration (µg/NmL)	O3 Volume (mL)	Doses (mg)
First	15	100	1.5
Second	30	120	3.6
Third	35	150	5.2
Fourth	35	150	5.2

Daily frequency, complete 20 sessions, repeat cycle each 4 months.