

# OZONE TREATMENT PROTOCOL FOR KNEE PATHOLOGY

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**Nota Bene:** The protocols are working guidelines that AEPRIMO puts at the disposition of all 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 AEPRIMO 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. AEPRIMO calls all its members to help to improve the protocols with their contributions, suggestions, experience and knowledge.

## Intraarticular

Intraarticular treatment with medical ozone is performed with syringe of 5-10mL

Approach: internal or external compartment.

## Treatment scheme

**Needle:** Sterican, 27G X 1 1/2" or 22G 1 1/2"

**Concentration:** 10-15 µg/Nml

**Volume:** 10 mL de ozono

**Frequency:** twice a week. (6-8 infiltrations)

In case of joint effusion, proceed first to its extraction and then infiltrate the ozone.

In case of osteoarthritis grade II-III combine with the administration of Concentrated Growth Factors (CGF), Plasma Gel, CD34+ cells and Collagen.

## Rectal Route

(For greater efficiency it may be combined with systemic route)

Week of Treatment	O3Concentration (µg/NmL)	O3 Volume (mL)	Doses (mg)
First	15	100	1.5
Second	30	120	3.6
Third	35	150	5.2
Fourth	35	200	7

Daily basis, to complete 20 sessions, repeat cycle every 4 months.