

## OZONE TREATMENT PROTOCOL FOR HIP PATHOLOGY

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**Nota Bene:** The protocols are working guidelines that AEPROMO puts at the disposition of all 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 AEPROMO invites them to base their daily practice on these protocols.

The protocols are based on the Madrid Declaration Ozone Therapy, ISCO3, 2<sup>a</sup>. 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 call all its members to help to improve the protocols with their contributions, suggestions, experience and knowledge.

### Intraarticular

**Patient position for the trochanter approach:** patient must be in lateral decubitus position with external rotation of the hip; the other leg must be flexed against the belly.

**Guidelines:**

**Needle:** 27 G x 1.5 " o 25G

**Frequency:** Once or twice a week

**Concentrations:** 10-20 µg/NmL

**Volume:** 10 mL

**Position of the patient for anterior approach:** it is made by drawing a horizontal line following the guide points: upper edge of the pubic symphysis, greater trochanter and anterior superior iliac crest.

**Guidelines:**

**Needle:** spinocan 20-22G x 3.5"

**Frequency:** Once or twice a week

**Concentrations between** 15-20  $\mu\text{g}/\text{NmL}$  (always begin with low doses, scaling them up slowly)

**Volume:** 10-15 mL

It can be complemented with Concentrated Growth Factors enriched with collagen, Plasma Gel and CD34+ cells.

### Rectal Route

Week of Treatment	O3 Concentration ( $\mu\text{gNmL}$ )	Volume O3 (mL)	Doses (mg)
First	15	100	1.5
Second	30	120	3.6
Third	35	150	5.2
Fourth	40	200	8

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