

**PROLOTHERAPY MAY HELP THE
FOLLOWING CONDITIONS:**

**Musculoskeletal pain
(acute and chronic)**

- **Athletic injuries:** ligament and tendon injuries, sprains, strains, tears
- **Overuse injuries:** golfers elbow, tennis elbow, shoulder tendonitis, achilles tendonitis, plantar fasciitis, carpal tunnel
- **Low back pain:** musculoskeletal tension, sciatica, arthritis, herniated and degenerative discs
- **Arthritis pain:** knees, back, neck, shoulders, hip, hands, wrists, feet
- **Weak, loose, and unstable joints:** hypermobility, subluxations, nerve impingement
- **Whiplash injuries:** neck, upper back, shoulders, low back
- **Sacroiliac joint disorders**
- **TMJ syndrome**
- **Fibromyalgia & myofascial Pain**

AND MORE...



*Take your first step to being pain free.
Contact us for an appointment!*



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PROLOTHERAPY



*Effective Treatment
for
Musculoskeletal Pain*



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RESTORATIVE HEALTH & NONSURGICAL PAIN CENTER

What is prolotherapy?

It is the injection of a proliferating agent into injured tendon or ligament attachment site to bone, or into a joint, to stimulate the body's natural healing process. This strengthens and regenerates the structures to improve function and reduce pain.

What is the solution that is injected?

Prolotherapy solutions contain anesthetic agents and natural substances. The most commonly used is a mixture of dextrose (corn sugar) and lidocaine with normal saline.

How does prolotherapy work?

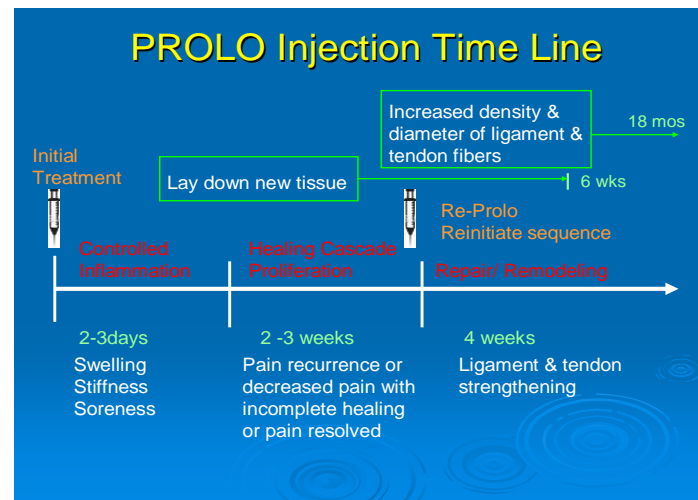
By injecting the prolotherapy solution into the injured area, it creates a mild controlled inflammatory response to recruit the body's natural repair mechanisms and start a healing cascade. This initiates repair and growth of new ligament and tendon fibers. Subsequent treatments repeat this proliferative process, allowing a gradual accumulation of tissue to restore strength and function.

Is the prolotherapy treatment painful?

Most patients tolerate the procedure well with just local anesthesia (lidocaine). Some prefer no pre-anesthetic treatment. The treatment may result in some discomfort, which can be reduced with pain relievers such as Tylenol post treatment.

How often do I need these treatments?

This is different for each individual. Some people may feel their pain resolved after just one treatment. Many require multiple injections every two to six weeks depending on the condition being treated and the patient's response to the treatment.



How will I feel after a prolotherapy treatment?

You can expect to have increased discomfort for three to five days after injections because the solution is causing a healing inflammatory response. This may cause you to feel stiff and sore, like you had the sprain or arthritis flare-up all over again for a few days and is a good sign that you are getting a proper response. You can expect some bruising, local swelling or tenderness at the injection site.



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When can I go back to work or playing sports after a treatment?

Some patients prefer to go home and rest after treatment while others carry on with their work or other activities immediately after treatment. Strenuous work or sports may need to be stopped or modified for two or three weeks after injections to give the repaired tissue a chance to mature. The growth pattern of tendons and ligaments should be complete in six weeks after each set of injections.

Is prolotherapy safe?

It is safe when administered by a properly trained prolotherapist. The risks are similar to conventional joint injections.

How effective is prolotherapy?

The rate of success depends on multiple factors, including patient's other medical conditions, their ability to heal, age, and nutritional intake.

How is prolotherapy different from steroid injections?

Steroids produce temporary pain relief and inhibit inflammation (the body's natural healing mechanism). In the long run, steroids cause tissue degeneration and multiple adverse effects. Prolotherapy does just the opposite with minimal side effects.

Will insurance cover for prolotherapy?

No