

Prolotherapy: Helping the Body Heal Itself

Back and neck pain resulting from injury or overuse is frequently caused by tendons or ligaments becoming stretched. Without proper support from these tendons or ligaments, the unprotected joint can become inflamed and painful.

An obvious response to this pain is to reduce the inflammation, which can be achieved using cortisone injections. But the side effects of cortisone injections might outweigh the benefits, and may include elevated blood sugars, immune system compromise and breakdown of body tissues such as joint capsules, cartilage, ligaments and tendons.

A new approach to treating joint pain is to consider that the body's natural inflammatory response may be beneficial, and to work with, rather than against it.

Prolotherapy involves administering precise injections of dextrose, procaine and glycerine into the ligament and tendon insertion surrounding a joint. These injections actually increase inflammation, bringing new blood and nutrients to the affected area. This allows the tendons or ligaments to not only heal but to produce new layers of collagen, strengthening and tightening the joint and consequently reducing pain.

Prolotherapy can be used for all joint-related pain resulting from injury, overuse or arthritis, including pain in the back, neck, hips, wrists, hands, ankles, knees, and TMJ.

Patients who receive Prolotherapy are usually able to resume activities previously considered impossible, and many report marked improvement after only one treatment. The results of Prolotherapy are considered permanent.