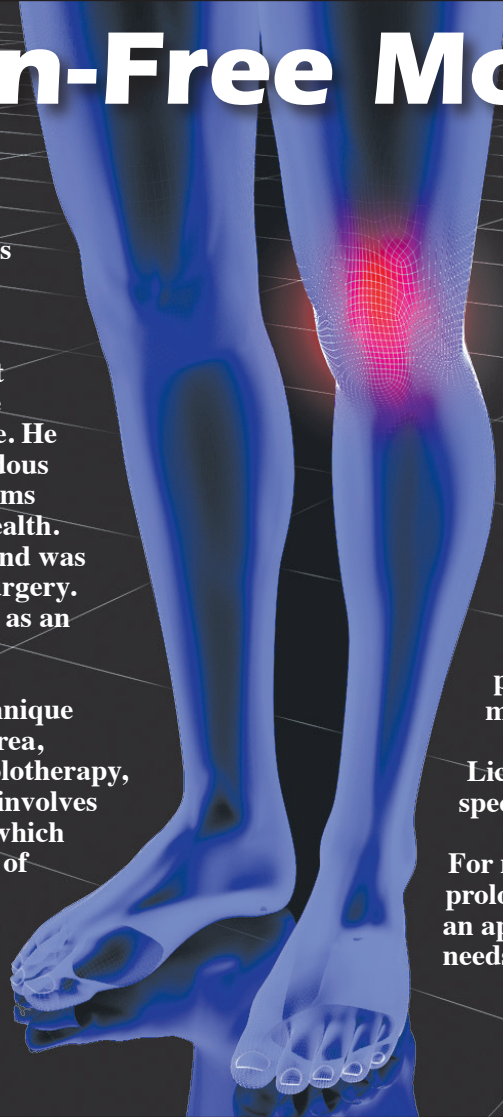


Regain Pain-Free Movement

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As naturopathic physicians, movement and exercise are cornerstones of our health paradigm. Without it, quality of life diminishes relative to our lack of activity. As someone told me last week, "I'm getting older, injuries begin to catch up and wear & tear is wearing me down". In talking with him, I find out that he is a retired firefighter that has chronic knee instability and pain caused by years of overuse. He is not able to bear any weight without tremendous pain and this has forced him to avoid most forms of exercise, negatively impacting his overall health. He has not found any therapy to be effective and was told that his last option is knee replacement surgery. I recommended that he consider prolotherapy as an alternative.

I explained to him that this is an injection technique that initiates an immune response in a given area, promoting our body's ability to heal itself. Prolotherapy, also known as regenerative injection therapy, involves the treatment of two types of tissue, tendons (which attach muscle to bone and involves movement of the joint) and ligaments (which attach bone to bone and are responsible for stability of a joint). When these tissues are injured over time, the result is a weak, painful and unstable joint. Because ligaments and tendons generally have a poor blood supply, incomplete healing is common after an injury.



The physiology behind the technique is actually quite simple. "Prolo" is short for proliferation, as it causes the formation and growth of new tissue in the area that has become weak and painful. The injection of dextrose (sugar water) causes a localized inflammatory reaction in the joint. Inflammation increases blood flow to the area, brings in healing elements and stimulates the healing response. Research has shown that prolotherapy causes dilation of the blood vessels and brings in fibroblasts (healing cells) to the injured area. The fibroblasts lay down collagen, an essential building block necessary to repair the area. MRI and x ray imaging before and after prolotherapy show that it does regenerate the joint tissue. Because new tissue is created, the results are permanent.

Prolotherapy is less invasive, less expensive and requires less recovery time when compared to surgery. So if you have instability or pain in or around a joint, regardless of the cause, prolotherapy may be an option to help you regain pain free movement and start enjoying activities again.

Licensed physicians are allowed to perform this therapy only after specialized training.

For more information about prolotherapy and with help finding an appropriate practitioner for your needs, please contact our office.



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