

# Prolotherapy

## What is Prolotherapy?

Prolotherapy is a type of Regenerative Injection Therapy (aka RIT). This new specialty of Medicine uses treatments that take advantage of your body's innate ability to heal itself from injury, and avoid temporary "band-aid" fixes.

Prolotherapy can effectively treat chronic pain caused by degeneration, injury, or damage to a joint, tendon or ligament.

## What Does Prolotherapy Treat?

- Neck pain
- Back pain
- Joint pain
- Sprains
- Sacroiliac joint slippage or pain
- Ligament laxity (looseness) or damage
- Plantar Fasciitis

## How Does Prolotherapy Work?

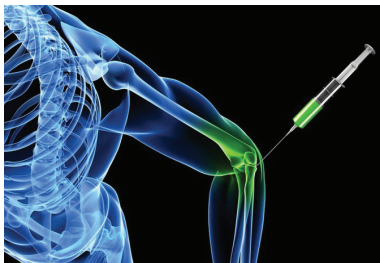
Prolotherapy works by creating a micro-injury and subsequent inflammatory response, to stimulate or "jump start" the body's natural healing mechanism. The Proliferant, or Prolotherapy solution used is a concentrated Dextrose mixed with dilute local anesthetic.



## What Should I Expect From Prolotherapy Treatment?

Our providers will fully assess the painful area and determine which structures should be injected. He may use an Ultrasound machine to visualize the tissues and identify specific injuries. The skin and soft tissue overlying the involved structures will be numbed with an anesthetic. Then the Proliferant solution will be injected. This can result in a "flare" of pain that might last for several days. Since inflammation plays a crucial role in the healing process, it is imperative to avoid the taking anti-inflammatory medications such as NSAIDS, steroids, or Aspirin for one week prior and five days following a Prolotherapy treatment. If you are prescribed or taking any of these medications, please discuss this with your provider when Prolotherapy is scheduled.

You will return for a return assessment in approximately one month after the treatment. We will determine if further treatment are needed to maximize the success. During this healing phase, it is imperative to maintain appropriate levels of exercise and activity, as well as a diet high in protein. This will help provide the best environment for your body to heal. Please discuss the best after-care recommendations with one of our providers. We will discuss your progress and whether further treatment is recommended.



### OUR LOCATION

825 Bennett Ave.  
Medford, Oregon, 97504

### Call for appointment or referral:

Phone 541-779-5228  
Fax 541-772-1533