

Accurately diagnosing and treating pain with personalized care

Our network of pain management physicians treats a variety of conditions, using comprehensive diagnostic techniques and non-surgical treatments for all musculoskeletal pain.

To learn more about conditions treated, visit NationalSpine.com or ask your affiliated physician.

Prolotherapy

A Healing Approach to Muscular and Joint Pain

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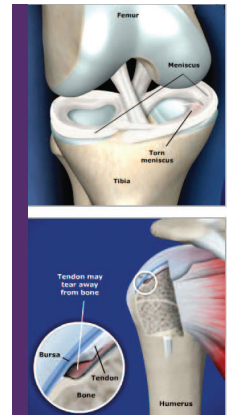
Treatment Brochure

LEAVE PAIN
BEHIND.
**GET BUSY
LIVING.**

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NationalSpine.com

Prolotherapy is an innovative technique that relieves pain by directly impacting the underlying condition causing that pain. In contrast to many medical treatments that may provide only temporary benefits, this safe, proven treatment offers lasting relief. Many conditions respond well to prolotherapy, such as facet syndrome* (back and neck arthritis), whiplash, joint sprains, degenerative disc disease, osteoarthritis, tennis elbow, sprains, chronic tendonitis, and more. At our network of pain management centers, clinical experts can determine if you are a candidate for this healing alternative and help you get your life back.



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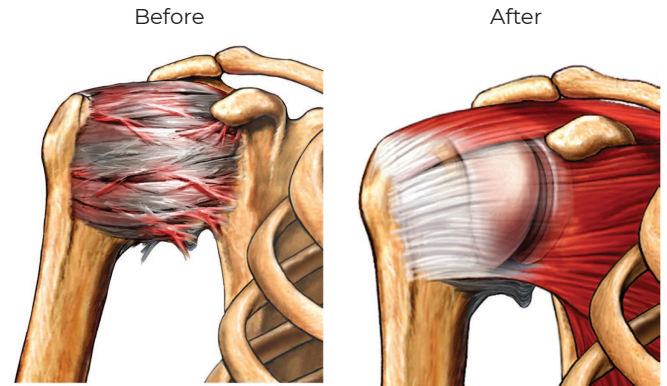
How does prolotherapy help?

Prolotherapy promotes long-term, often permanent pain relief by stimulating the body's ability to repair itself. A solution of concentrated dextrose and local anesthetic (steroids are not used) is injected into the affected ligaments, tendons, or joint capsules. This solution acts not as a nutrient, but by stimulating the body's natural ability to repair these tissues, encouraging growth of new ligament or tendon fibers.

Multiple treatments encourage additional tissue growth to restore and strengthen the affected area. An individual plan is devised with prolotherapy treatments scheduled every two to six weeks until the healing is complete, and you can return to normal activities without pain.

How long does it take?

The procedure takes approximately 30 to 60 minutes, including preparation and recovery time. Performed in a medical office, prolotherapy relieves pain without the risks of surgery, without general anesthesia or hospital stays, and without a prolonged recovery period. In fact, most people return to their jobs or usual activities right after the procedure.



What are the expected results?

Initially, mild but temporary swelling and stiffness may occur. Some patients see noticeable improvement after the first sessions are completed, while others realize increasing improvement on each successive visit. Research studies show that over 80 percent of people treated with prolotherapy report a good or excellent result. Many of them are permanently cured. Not only do they enjoy simple pleasures again – a good night's sleep, sitting through a movie, taking a walk – but many also return to physical activities such as soccer, mountain biking, jogging, skiing, even horseback riding.

A Network of Experts in Pain Management • NationalSpine.com

Medical Services are provided by independently operated physician practices that are branded as National Spine & Pain Centers.

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