



PROLOTHERAPY

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NEWS FLASH

A recent study with over 100 patients, reported in the world's most respected journal on back pain (Spine) concluded that Prolotherapy improved patient's chronic lower back pain and disability as well as the most invasive procedures such as spinal fusion surgery and implantable spinal cord stimulators. This evidence supports our own clinical experience. Dr's Juhl and Gleyzer are grateful to offer Prolotherapy to our patients. When combined with osteopathic manipulation, physical medicine and optimal nutrition, remarkable improvements are possible.

For more information we encourage you to visit get-prolo.com.

Dr's Juhl and Gleyzer are available to consult with you regarding Prolotherapy for your low back pain or for other painful joint syndromes such as osteoarthritis.

WHAT IS PROLOTHERAPY?

Prolotherapy is a remarkable alternative to drugs and surgery. By promoting the regeneration of ligaments it directly attacks the cause of pain associated with post traumatic or degenerative conditions of the knees, ankles, wrists, shoulders or back. Prolotherapy is effective for joint related pain when a ligament or tendon has been torn, stretched or weakened by overuse.

We inject the injured tendon or ligament with natural substance like calcium gluconate, or glucose. The needle and substance cause a reaction called a "sterile inflammation." This is the same natural process that occurs when you sprain an ankle. Blood rushes to the area and provides the necessary oxygen and nutrients. Soon after, pain dissipates, blood vessels start to grow, and collagen begins to form.

Prolotherapy enhances, guides, and perhaps even prolongs the inflammatory reaction and the increased blood flow speeds the healing process. The treatment has been found to be effective for helping many joint injuries. Each Prolotherapy treatment consists of injections to strengthen the ligament. Some patients experience relief within several treatments. Osteopathic manipulation and physical therapy modalities enhance the Prolotherapy treatment.

Prolotherapy, stimulating the growth of collagen

Just as the collagen in our face deteriorates, so can the collagen in other parts of our body including the ligaments and tendons around our joints. Where loss of collagen in our face is signified by wrinkles, in our joints it is signified by pain, laxity and a crinkly sound in the joints. People will be told that they have degenerative joint disease or osteoarthritis.

NUTRITIONAL DEFICIENCY AND PROLOTHERAPY

THE BODY HAS TREMENDOUS REGENERATIVE CAPABILITIES BUT ONE MUST NEVER FORGET THE FACT THAT MANY DIFFERENT FACTORS AFFECT CONNECTIVE TISSUE HEALING.COMMONLY OVERLOOKED FACTORS IN HEALING ARE NUTRITION AND MALALIGNMENT.

For consultation on whether prolo is right for you, make an appointment with Dr. Juhl or Dr. Gleyzer by calling 212-838-8265