

# PROLO REVIEW

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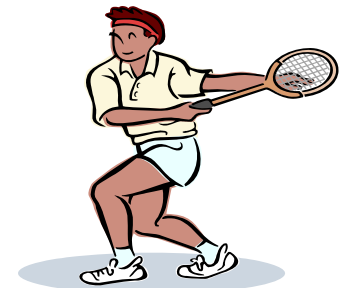
## TENNIS ELBOW

"Doc, I'm at the end of my rope. I've been playing tennis for 35 years, but the last 2 or 3 years my game has gone downhill. Any time I get caught having to use my backhand, my return is really weak if I can't use both hands. Opponents pick up on that and pretty soon all the volleys are cross court to my weak side.

I've tried rest, ice, arm bands, anti-inflammatory, ultrasound and massage. I've had a few cortisone shots over the years, and my orthopedist says the only thing he has to offer me is a surgery to reattach the tendon, but he can't guarantee that my game will improve.

I've heard about Prolotherapy from a friend who said it really helped his game. I'd like to know it is likely to be of benefit to me."

"Mr. Silver, on physical exam you have acute tenderness over your lateral elbow where the common extensor tendon attaches to the bone, and a classic story to go with it. Let's go over your history a little more and then talk about some of the ground rules that will improve your chances for success. You can tell me in nine weeks after three treatments whether your game has improved."



**Prolotherapy is effective for joint related pain when a ligament or tendon has been torn, stretched or weakened by overuse.**

- ◇ **Tendon injuries can be acute or chronic.**
- ◇ **The repair process after acute injury involves inflammation, fibrosis and remodeling.**
- ◇ **The inflammatory stage occurs during the first week after injury**
- ◇ **The fibroblastic phase of repair takes place between 7 and 21 days post injury.**
- ◇ **Chronic injuries often result from repetitive activity and micro-trauma.**
- ◇ **Chronic tendon injury is not an inflammatory condition.**

To make an appointment for a consultation with Dr. Juhl or Dr. Gleyzer please call 212-838-8265