



# NATURAL HEALING FAMILY MEDICINE

LORI WIESER N.D.  
NATUROPATHIC PHYSICIAN

## Chronic and Acute Pain Treatment Options!

Call to get a free 10 min phone consult to answer any questions you have to see if you are a good candidate for Prolotherapy or PRP (Platelet Rich Plasma) injections.

### PAIN TREATMENT:

- 1.) Platelet Rich Plasma (PRP)
- 2.) Prolotherapy Injections
- 3.) Trigger Point Injections
- 4.) Therapeutic Ultrasound
- 5.) Prologel
- 6.) Kinesio Taping

See descriptions below:

### **Platelet Rich Plasma (PRP) injections**

#### **What is (PRP) Platelet Rich Plasma injections?**

The preparation of therapeutic doses of growth factors consists of an autologous blood collection (blood from the patient), plasma separation (blood is centrifuged), and application of the plasma rich in growth factors (injecting the plasma into the area.) In other words, a PRP treatment is

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done just like any other Prolotherapy treatment, except the solution used for injection is plasma enriched with growth factors from your own blood. In our office, patients are generally seen every 4-6 weeks. Typically three to six visits are necessary per area.

## What has PRP been shown to be effective for?

PRP has been shown effective for [labral tears of the hip](#) and [shoulder labrum tears](#), as well as [degenerated meniscus and meniscus tears](#). The scientific literature is full of reports of soft tissue injuries treated with PRP including [tendinopathy, tendinosis](#), acute and chronic muscle strain, muscle fibrosis, [ligament sprains and joint capsular laxity](#), in addition to various degenerative disorders in your joints. Especially exciting is PRP's use for regenerating cartilage.

## Regenerative Joint Therapy (Prolotherapy) and Pain

**Management**- If you have chronic pain resulting from sports injuries or arthritis, prolotherapy is an effective alternative to surgery, cortisone shots, and drugs. Prolotherapy, a regenerative injection therapy, works by stimulating the body to repair the painful injured area(s) by stimulating your body's natural healing response, inflammation, at a much stronger and more focused effort than when the injury first occurred. Prolotherapy allows the body to re-open the healing window of injuries that are even over a decade old, essentially allowing for the injured joint to heal in a more complete way. These injections cause inflammation in

these weakened areas which increases the blood supply,

bringing in stem cells, growth factors, and a flow of nutrients

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to this area allowing for tissue growth and the strengthening of the ligaments and tendons by creating new collagen and cartilage. Prolotherapy, latest in pain management, involves 3-10 rounds of injections, every 3 to 5 weeks, to the area of chronic pain or a damaged joint. The injections consist of a 100% natural substance that facilitates growth and repair of ligaments, tendons, and connective tissue. The treatment works to strengthen the damaged tissue immediately, allowing you to continue your daily activities without any downtime and minimal discomfort.

## Conditions helped by prolotherapy:

- Arthritis
- Sciatica
- Sprains
- Torn ligaments
- Chronic joint pain
- Degenerative Disks
- Cartilage injuries
- Over-use injuries
- Tendonitis
- Migraines
- Whip lash
- Sports injuries

## **Current areas I will be injecting with**

**prolotherapy:** Neck, Thoracic, Lumbar(Low Back), Hip, Sacroiliac, Sacrum, Shoulder, clavical, elbow, wrist, fingers, knee, ankle, toes.

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FYI: The amount of areas that will be injected in a visit will be limited to 1 to 3 areas depending on time needed for assessment, extent of injury, and pain threshold since the goal is to create inflammation to trigger a natural healing response.

## Most common injuries that benefit from prolotherapy:

### Shoulder:

Bicep Tendonitis, Rotator cuff Sprains, Shoulder/clavicle instability, Frozen shoulder/adhesive capsulitis, DJD/OA shoulder, SLAP/superior Glenoid labrum lesion.

### Elbow:

Tennis elbow/Lateralepicondylitis, Golfers elbow/medial epicondylitis, LittleLeaguer's elbow/ medial apophysitis, Ulnar collateral ligament sprain, Nurse Maids elbow/radial head subluxation.

### Wrist:

Wrist/Hand Osteoarthritis(OA), Carpal Tunnel Syndrome, Sprain wrist, Sprain MCP joint (Skier's Thumb), Sprain or complete tear of DIP and PIP, DeQuervain's (Radial Styloid) Tenosynovitis, Cartilage d/o of forearm/TFCC tear, ECU tendonitis or tendonitis of wrist and hand, Scapho-Lunate and Luno-Triquetral sprain.

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## Knee:

Any of the collateral ligament sprain, strain, or rupture of ACL, PCL, MCL, or LCL, Meniscus tears/ strains, Knee cap/patellar tendonitis, Chondromalacia patella, Pre-patellar bursitis,

## Ankle/Toe foot:

Bunion, Flat feet, Ankle Sprain medial(deltoid ligments) or lateral calcaneofibular, tibofibular ligaments, Morton's Neuroma, Turf Toe, Plantar Fasciitis, Achilies Tendonitis.

## Low Back/ Lumbar/ Sacrum/Pubis:

Sciatica, Lumbosacral sprain/strain, Sacroiliac Sprain/Strain, Spondylithesis, Facet OA, Spinal Stenosis, Post surgery back pain, symphysis pubis sprains.

## Neck(Cervical), Thoracic(Mid Back):

Whiplash, Sprain/Strain, and Degenerative Joint Disease.

## Hip:

Hip OA, Acetabular Labral Tear, Trochantric Hip Bursitis, Athletic Pubalgia (Groin Strain), ITB Friction Syndrome, Hamstring, Adductor, or Abdominal Strain.

See "services" link on top right of this home page under "Treatments" for prolotherapy references.

## What is injected?

The agents that are typically used have FDA approval for injections, for other uses than prolotherapy. Which medication used would depend on the desired effect and would have to be to individually determined, depending on the case and what we are treating, (ligament, tendon, muscle or joint).

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## The ingredients:

Extra-articular injection (outside the joint) - Dextrose solution, Lidocaine , Sodium Bicarbonate

Intra-articular injection (inside the joint) - Dextrose, Lidocaine

## Neural Therapy and Trigger Point Injections:

Neural Therapy and Trigger Point Injections are injection techniques frequently used to help patients with long-standing pain. These techniques require the injection of local anesthetics (Procaine or Lidocaine), B12, and occasionally homeopathic compounds are injected at the same time. The injections are done into myofascial pain areas and both old and new scars.

**Ultrasound:** Ultrasound is a physiotherapy treatment applied using a transducer or applicator that is in direct contact with the patient's skin. Gel is used on all surfaces of the head to reduce friction and assist transmission of the ultrasonic waves. Therapeutic ultrasound in physical therapy is alternating compression and rarefaction rarefaction of sound waves with a frequency of >20,000 cycles/second. Therapeutic ultrasound frequency used is 0.7 to 3.3 MHz. Maximum energy absorption in soft tissue occurs from 2 to 5 cm. Intensity decreases as the waves penetrate deeper. They are absorbed primarily

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by connective tissue: ligaments, tendons, and fascia(and also by scar tissue).

## There are three primary benefits to ultrasound:

- 1.) Acceleration of the healing process from the increase in blood flow in the treated area.
- 2.) The decrease in pain from the reduction of swelling and edema.
- 3.) The gentle massage of muscles tendons and/ or ligaments in the treated area because no strain is added and any scar tissue is softened.

These three benefits are achieved by two main effects of therapeutic ultrasound. The two types of effects are: thermal and non thermal effects. Thermal effects are due to the absorption of the sound waves. Non thermal effects are from cavitation, microstreaming and acoustic streaming.

Conditions which ultrasound may be used for treatment include the follow examples: Ligament Sprains, Muscle Strains, Tendonitis, Joint Inflammation, Plantar fasciitis, Metatarsalgia, Facet Irritation, Impingement syndrome, Bursitis, Rheumatoid arthritis, Osteoarthritis, and Scar Tissue Adhesion.

What does Ultrasound feel like? It has a nice deep warming sensation, most patients describe it as very relaxing and soothing.

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See a reference on therapeutic ultrasound treatment for Subacromial Impingement Syndrome in pubmed:

<http://www.ncbi.nlm.nih.gov/pubmed/24259934?dopt=Abstract>

**Prologel:** Prologel is an advanced medical cream which has been giving people fantastic pain relief. Prologel is a proprietary formula which contains a special formulation of lecithin to help carry in the other ingredients in Prologel. Cetyl myristoleate is one of the other ingredients. Cetyl myristoleate has been discovered to be reason why mice do not get arthritis. Aloe Vera and MSM are known pain relievers and both are in Prologel. Prologel is non-greasy, has almost no odor and will **NOT** stain your clothes.

This will be used as the gel when giving Ultrasound treatments for extra healing benefit and transducer gel will be applied after the prologel is absorbed during treatment to prevent friction.

Prologel can be used at home without Ultrasound as well for added benefit and increase the healing response.

More info on prologel and testimonials:

<https://prologel.com/>

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## Prolotherapy Frequently Asked Questions:

See "Contact Us" from the top right hand side of the home page and scroll to the frequently asked questions PDF and click to download to open and read.

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