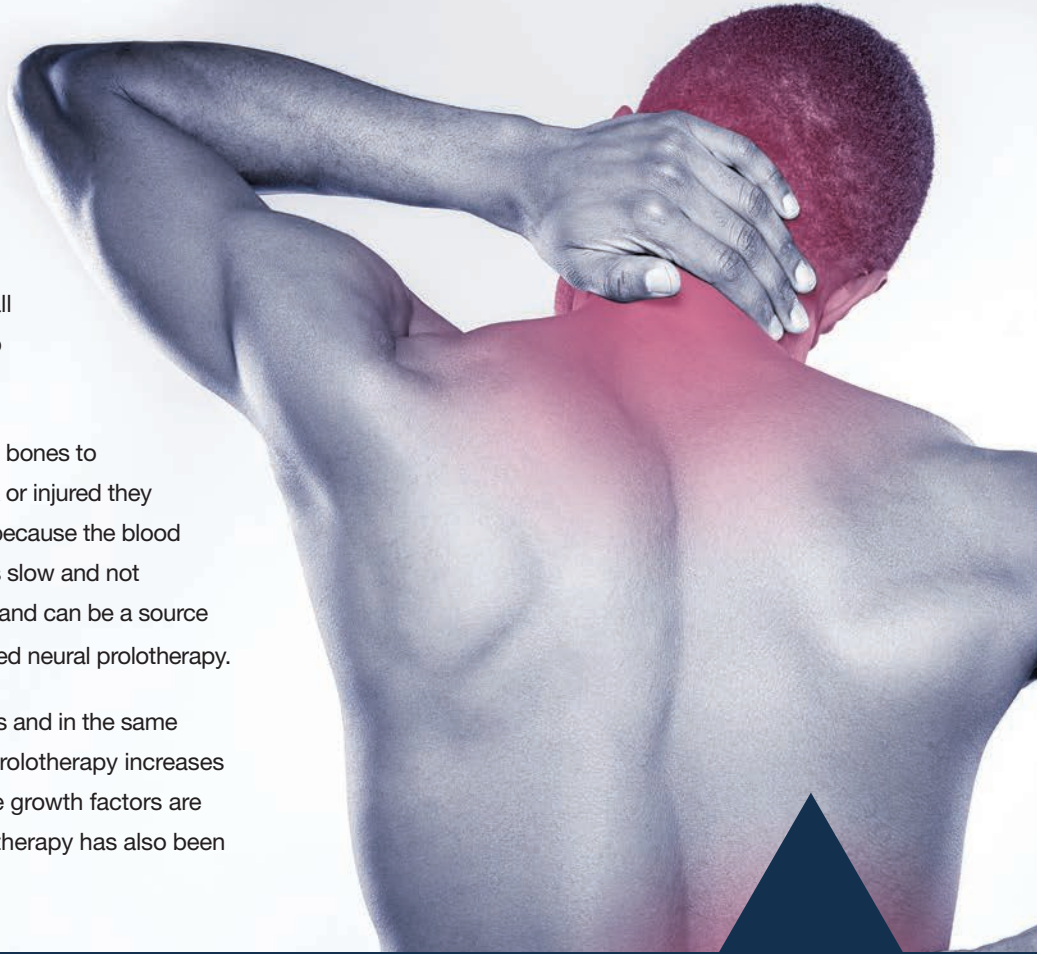


# Regenerative Injection Therapy

Prolotherapy is a **minimally invasive injection** that stimulates the body's natural healing process to repair and strengthen chronically impaired ligaments and tendons that have been damaged from overuse or injury. The ligament or tendon is, in most cases, injected with an irritant such as dextrose (a sugar) and a small amount of lidocaine (numbing agent), which will help speed up your body's natural healing process.

Ligaments are the structural "rubber bands" that hold bones to bones within the joint. When ligaments become weak or injured they may not heal to their original strength. This is largely because the blood supply to ligaments is limited and therefore, healing is slow and not always complete. Ligaments are highly rich in nerves and can be a source of pain that can often be helped with a technique called neural prolotherapy.

Tendons are the tissue that connect muscles to bones and in the same manner, may also become injured and cause pain. Prolotherapy increases circulation to the affected area and thus regenerative growth factors are delivered to the injury as wastes are removed. Prolotherapy has also been shown to regenerate cartilage and meniscus.



## CONDITIONS TREATED WITH PROLOTHERAPY

- Arthritis
- Partially torn tendons,
- Back Pain ligaments, and cartilage
- Carpal Tunnel Syndrome
- Scars
- Chronic Tendonitis
- Sciatic Pain
- Degenerated discs
- Sports Injuries
- Herniated discs
- Trigger/Tender Points
- Fibromyalgia
- Unresolved whiplash

Prolotherapy often requires more than one visit; however, this is usually much better and less invasive than surgery. After treatment, you can expect some soreness in the area. Each person is different and some people leave feeling great and never need another treatment, however most patients have improvement with continued treatment over time. Prolotherapy solutions are customized to optimize growth factors and provide necessary cofactors to help your body's natural healing process.

LEARN MORE ABOUT PROLOTHERAPY AT [RIORDANCLINIC.ORG/THERAPIES/PROLOZONE-THERAPY](https://riordanclinic.org/therapies/prolozone-therapy).

For more information about any of the services offered by the Riordan Clinic, give us a call at 1-800-447-7276 or visit our website at [riordanclinic.org](https://riordanclinic.org).

