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Prolotherapy:

The Little-Known Treatment for Torn Ligaments That Delivers Big Results Without Surgery

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Ten years ago, I injured my right knee while skiing. I was in the medical field, so I thought that I knew how to rehab the knee myself, but after sixteen weeks I still couldn't straighten it or squat without pain. Fortunately, a friend of mine knew about prolotherapy, an injection treatment to heal ligaments. He injected my knee that day, and five days later the pain was completely gone! I could move again, and it hasn't bothered me since!

After reading more, I was surprised to find that Dr. C. Everett Koop, the former U.S. Surgeon General, had been treated with prolotherapy for his back after his neurologists had said that he needed surgery! He is now a strong supporter of prolotherapy. Studies show that prolotherapy helps chronic pain about 80% of the time.

If prolotherapy is so effective, why isn't it more popular?

As a natural therapy, with no patentable drugs to profit upon, prolotherapy is not promoted by any drug companies. As a low-cost alternative to surgery, it is not popular among doctors who perform surgery for a living. Prolotherapy has been around for many years, and was formally introduced in a 1950's book by Dr. George Hackett, an orthopedic surgeon. It is only now starting to get the recognition that it deserves.

How does it Work?

Prolotherapy works by stimulating the body's natural ability to heal itself, and to grow thicker, stronger ligaments and tendons.

Ligaments and tendons generally don't heal well because they have poor blood supply. To make matters worse, most people who are injured interfere with the body's natural healing processes by treating themselves with anti-inflammatory medications. Thus, the ligaments never heal completely, and a chronic strain results. The muscles, unable to do the work of the ligaments, begin to fatigue, then spasm, adding to the pain. No matter how much physical therapy these patients receive, the pain will continue if the injury has not healed properly!

When a ligament is injected with a proliferant solution, composed of dextrose and other irritants, it causes a controlled, focused injury. The body then sends special blood cells called fibroblasts to start the healing process. After the initial inflammatory phase, new layers of connective tissue bind with the ligament, making it stronger, and reducing the protective muscle spasm. That's why the pain goes away!

“If I sit too long, it hurts!”

How do you know if your pain is coming from loose ligaments? If you have to change positions after sitting or standing for a while, it is most likely caused by a ligament. If there is a numb-like sensation, and rubbing the numb area does not make the pain feel worse, think ligament!

“But I have been told I have a disc problem!”

Many people with back and radiating leg pain have imaging studies which show protruding discs or arthritis, but it is also true that many people without any pain have protruding discs and signs of arthritis! One does not necessarily correlate with the other. As the discs age, they dry up. As they dry up, they shrink, leaving less space between the vertebrae. The ligaments bridging one bone to another no longer hold tightly, and can refer pain to the same areas that you would feel from a ruptured disc at that level of the spine.

Prolotherapy tightens the ligaments between the bones and around the discs, eliminating the pain. So, prolotherapy is not just for treating strained knees or shoulders, it is also an underappreciated therapy for treating the chronic low back pain often attributed to degenerative discs.

“But I have been told I have tendonitis!”

Ligaments attach bone to bone. Tendons attach muscle to bone. Prolotherapy works to strengthen any kind of connective tissue, so it is equally helpful for conditions such as:

Tennis Elbow
Achilles' Tendonitis
Golfer's Elbow
Rotator Cuff Injury
Chronically Sprained Ankles
Failed Knee Surgeries

Keep this valuable treatment in mind for yourself and your loved ones. Read more about prolotherapy for knees, hips, neck and shoulders, or just about any sore joint in the body at www.getprolo.com, visit our website, at www.advancedpainsolution.com or call our office at (203) 544-9090.