

Pain, Pain Go Away: Prolotherapy

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Pain is a daily problem for thousands of Americans. Its powerful grip brings down all kinds of people, from the strong young athlete to the injured elderly. The onset of pain can vary, from an overuse problem in a runner to an acute injury that doesn't heal properly. Many times these seemingly innocent injuries lead to chronic pain or arthritis that can steal the vigor of life. Chronic pain also leads to loss of energy and motivation that can lead to weight gain, deconditioning, arthritis and increased pain. You don't have to "learn to deal with it." You can break the cycle and treat what is causing the pain, and refuel the vitality once experienced in a healthy active body.

Prolotherapy or ligament reconstructive therapy is a safe, non-surgical treatment for chronic pain. Common problems treated with prolotherapy include arthritis, Temporal Mandibular Joint dysfunction, chronic neck and back pain, shoulder injuries, Fibromyalgia, athletic injuries to the wrists, elbows, knees and ankles, and whiplash-type motor vehicle accident injuries.

Often patients go to their doctor and receive instructions to take time off, rest the injury, try some Ibuprofen and told "things should be fine," or "you may have to learn to deal with the pain." Physical therapy or manipulations of the area may be helpful, but the pain often remains. Frequently, as a last resort, surgery is performed. Again, the pain may still remain. The source of the pain is not always addressed and is covered up with medications that can lead to medication related problems and overuse.

Prolotherapy targets the ligaments and tendons that are weakened and stretched out from injury or aging and actually stimulate their healing. This stimulation of the body's healing mechanism helps to restore the original strength and integrity. The procedure involves injecting a solution into the joint or at the attachment of the damaged ligament or tendon to the bone. The solution stimulates the body to begin its own natural healing process to restore the strength and function of the painful area.

After the injection, the body starts a healing process that begins with an increase in blood flow and the attraction of cells that start the healing process and remove damaged tissue. This initial stage of healing takes place the first week after the injections. Next, the repair phase takes place up to the sixth week. During these weeks, pain and swelling subside while healthy new blood vessels and collagen (tissue that makes up ligaments and tendons) form. During this time, the pain that was once problematic begins to subside. Finally, beginning around the sixth week through 18 months, the maturation phase of healing is started when new blood vessels mature, tissue strengthens and pain subsides. Most people start to notice a significant decrease in pain after the first week. Studies shows 85-90% of those treated by an experienced prolotherapist receive at least a 50% decrease in their pain, leading to improved function, and a return to the life previously enjoyed.

Prolotherapy is a safe and effective treatment for chronic pains from a variety of problems. It brings strength and healing to the young and active individual as well as improved function and quality of life to the older individual worn down by pain.

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