

Charlottetown Therapy

Charlottetown Therapy - Prolotherapy, or nonsurgical ligament reconstruction, is a therapy for chronic soreness. It's helpful for several conditions involving back and neck soreness, sports injuries, fibromyalgia, unresolved whiplash injuries, persistent tendonitis, herniated or degenerated discs, sciatica, TMJ, arthritis and partially torn ligaments, tendons, and cartilage.

Prolotherapy could be defined as what? It is extremely vital to understand what prolotherapy really means. ``Prolo`` is short for proliferation. The therapy induces the growth, formation or proliferation of new tissue in areas where it has become frail and sometimes where the pain is present.

Ligaments basically are the structural "rubber bands" that hold bones to bones in our joints. Ligaments may become injured or weak and may perhaps not heal back to their original endurance or potency. This occurs largely since the blood supply to ligaments is restricted, and thus healing is gradual and not always complete. Ligaments even have multiple nerve endings and this enables the individual to sense throbbing at the regions where the ligaments are weak or injured.

Tendons are the name given to tissue which connects muscle tissues to bones. In the exact same method tendons may additionally get wounded, and bring about soreness.

The usage of prolotherapy entails injecting sugar water solution or dextrose into the tendon or ligament anywhere it links to the bone. A localized inflammation normally occurs when this solution is injected to the frail areas. The blood flow increases because of this and the circulation of nutrients induces the tissue to repair itself.

History shows that Hippocrates first used a version of this treatment on soldiers who had dislocated or torn shoulder joints. He jammed a hot poker inside the joint and it would then cure generally. The principle is the same today, initiating the body to repair itself.

How long will it take to complete a course of treatments?

As we have totally different healing abilities, reaction time for therapy from one person to another varies. Usually, the therapy for an area treated must be between 4 and 6, but some may take 10 or more. Some might only need few treatments before they are ok. The best thing to try and do is to have a consultation by a trained physician ahead of time to make sure you are an appropriate candidate. After treatment starts, the doctor can relate how well you're responding and can provide an accurate estimate.