

## Owen Sound Therapy

Owen Sound Therapy - Prolotherapy, or nonsurgical ligament reconstruction, is a treatment for chronic pain. It's effective for several troubles including back and neck soreness, sports injuries, fibromyalgia, unresolved whiplash injuries, chronic tendonitis, degenerated or herniated discs, sciatica, TMJ, arthritis and partially torn tendons, cartilage and ligaments.

What is prolotherapy? It is first important to understand what the word prolotherapy itself means. ``Prolo`` is short for proliferation. The therapy induces the growth, creation or proliferation of new tissue in parts where it has gotten frail and usually where the pain is present.

The structural "rubber bands" that hold bones to bones in our joints are called ligaments. Ligaments when injured or weakened may not heal back to their original strength or endurance. This happens largely since the blood supply to ligaments is limited, and thus healing is slow and never always complete. Ligaments also have multiple nerve endings and this enables the individual to suffer throbbing at the regions where the ligaments are loose or injured.

Tendons are the name given to tissue which links muscles to bones. In the exact same method tendons might also get damaged, and cause pain.

The usage of prolotherapy involves injecting sugar water mixture or dextrose into the ligament or tendon where it attaches to the bone. A local tenderness usually occurs when this mixture is injected to the weak parts. The blood supply increases because of this and the flow of nutrients stimulates the tissue to repair itself.

History reveals that Hippocrates first used a version of this treatment on soldiers that had dislocated or torn shoulder joints. He stuck a hot poker into the joint and it will then heal normally. The principle is the same today, initiating the body system to repair itself.

How long would it take to finish a course of treatments?

As we have totally different therapeutic abilities, response time for treatment from one individual to another varies. Usually, the treatment for an area addressed must be between 4 and 6, but some would possibly take ten or more. Some might only need few treatments before they are okay. The best thing to try and do would be to have a consultation by a trained physician beforehand to make sure you are an appropriate candidate. After therapy starts, the doctor could relate how well you are responding and could offer an exact estimate.