

## Regina Therapy

Regina Therapy - Prolotherapy, or nonsurgical ligament reconstruction, is a remedy for chronic soreness. It's effective for many conditions including back and neck pain, sports wounds, fibromyalgia, unresolved whiplash injuries, persistent tendonitis, herniated or degenerated discs, sciatica, TMJ, arthritis and partially torn ligaments, tendons, and cartilage.

What is prolotherapy? It's first important to acknowledge what the word prolotherapy itself signifies. ``Prolo`` is short for proliferation. The treatment causes the growth, creation or proliferation of new tissue in areas where it has become weak and usually where the pain is present.

The structural "rubber bands" that hold bones to bones inside our joints are referred to as ligaments. Ligaments when damaged or weakened may not heal back to their usual endurance or strength. This occurs largely because the blood flow to ligaments is limited, and thus healing is slow and never always complete. Ligaments also have many nerve endings and this allows the individual to feel pain on the areas where the ligaments are loose or injured.

Tendons are the name given to tissue that connects muscles to bones. In the same manner tendons might also get wounded, and bring about soreness.

The utilization of prolotherapy involves injecting sugar water solution or dextrose into the ligament or tendon anywhere it attaches to the bone. A localized tenderness usually happens when this solution is injected to the frail parts. The blood flow increases because of this and the flow of vitamins stimulates the tissue to repair itself.

As history points out, Hippocrates was the very first to utilize this kind of remedy on soldiers that had torn or dislocated shoulder joints. He would inject a hot poker into the joint and it will heal naturally. The principle is similar today, initiating the body to restore itself.

How long is it going to take to finish a course of treatments?

Response time for treatment varies from individual to individual because of our own individual healing capability. The average number of treatments is 4 - 6 for an area addressed, although some may need 10 or more and a few could solely require a few therapies before they feel better. The very best thing to do is to have a consultation by a trained physician beforehand to make sure you are an appropriate candidate. After therapy commences, the doctor can relate how well you are responding and could offer an exact estimate.