

Stratford Therapy

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

What is prolotherapy? It is first necessary to acknowledge what the term prolotherapy itself 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 usually where the pain is present.

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

Tendons are the term given to tissue that links muscles to bones. In the exact same manner tendons may become damaged, and bring about pain.

The usage of prolotherapy involves injecting sugar water mixture or dextrose into the tendon or ligament anywhere it connects to the bone. A local inflammation usually happens when this solution is injected to the weak areas. The blood supply increases as a result and the circulation of vitamins stimulates the tissue to restore itself.

As history points out, Hippocrates was the very first to use this version of treatment on soldiers who had torn or dislocated shoulder joints. He would inject a hot poker into the joint and it will heal normally. 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 ranges from individual to individual due to our own individual healing capability. The average number of treatments is 4 - 6 for an area treated, although some may need 10 or more and some might solely take a number of treatments before they feel better. The very best thing to try and do is to have a consultation by a trained physician ahead of time to ensure you are a suitable candidate. After therapy commences, the doctor could relate how well you're responding and could offer an exact estimate.